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“WE’VE GOT MAGIC TO DO”



The Barnstormers' spring musical, *Pippin*, wows audiences with glamor, spectacle and a dash of mystery. See our coverage on page B3.

COURTESY OF CLAIRE EDMONDS

Two tickets face off in SGA executive election debate

By EMILY MCDONALD
Staff Writer

“New Horizons” and “Thumbs UP for Jessup,” the two tickets campaigning for the Student Government Association (SGA) executive board, discussed their platforms in a debate on Monday.

The New Horizons ticket includes junior Noh

Mebrahtu running for executive president, junior AJ Tsang for executive vice president, junior Mi Tu for executive treasurer and freshman Aspen Williams for executive secretary. Everyone except Williams is an incumbent candidate.

Thumbs UP for Jessup consists of sophomore Jessup Jong for executive president.

The candidates first discussed the University’s proposal to create a private police force. Both New Horizons and Thumbs UP for Jessup voiced their opposition to the idea.

Mebrahtu noted that a private Hopkins police force could damage the University’s relationship with the Baltimore community and that it could lead to racial profiling.

“Yes, there are pros. One is safety,” he said. “But the creation of a private police force is going to create more controversy and create more issues later than it does any good.”

Mebrahtu was also concerned that if such a force

was established, any investigations into potential Hopkins police misconduct would be carried out at the discretion of the University.

“I’m not saying that Hopkins doesn’t have a moral ground or is acting in good conduct, but at the end of the day, it is an institution, and the first thing that an institution does is protect itself from any bad publicity,” Mebrahtu said.

Jong acknowledged the efforts of student activists who opposed the creation of a Hopkins police force over the last month. At the end of March the Maryland State Legislature decided to wait until the next legislative

SEE DEBATE, PAGE A4

IAC showcases immigrant stories in photo exhibition



COURTESY OF KAREN WANG

Students explored the *Immigrants of Hopkins* photo exhibit in Mudd Hall.

By KAREN WANG
Staff Writer

The Inter-Asian Council (IAC) hosted a gala for its *Immigrants of Hopkins* photo campaign on Wednesday in Mudd Atrium. The gala showcased photos and snippets of interviews from student immigrants and students with family members who are immigrants.

Junior Evelyn Yeh, IAC vice president, stated that the campaign was inspired by the photojournal *Humans of New York*. IAC created the campaign in order to amplify conversations on immigration and immigrant visibility.

“We wanted this project to be a way to enlighten people about the people who are affected by these issues, who are living on campus,” Yeh said. “We wanted to give them a platform to be able to tell their story.”

Sophomore Nicole Mue-

hleisen said that she connected with one photo featuring a girl who speaks Portuguese with her father and Spanish with her mother.

“I speak Spanish with my mom and German with my dad,” Muehleisen said. “I relate to the idea of not knowing exactly where you fit in growing up in the United States. I think it’s really cool that this is happening because it’s not really something you usually talk about.”

Freshman Shauna Rosenau also empathized with many of the students.

“It’s really cool but sad to see the different experiences that each person went through,” Rosenau said. “My mom had a really hard time getting here [and attaining] her citizenship. So reading some of these stories, I really feel for the people.”

Yeh believes that the

SEE IMMIGRANTS, PAGE A5

Food Pantry aims to combat food insecurity

By GIULIANA LEOTTA
For The News-Letter

The Hopkins Pantry opened its doors to all University affiliates this past week. This program, located in the Office of Multicultural Affairs (OMA), offers non-perishable food to students, staff and faculty who may be struggling to feed themselves for financial reasons.

The Pantry is open from 6 to 8 p.m. on Tuesdays and Wednesdays, and 3 to 5 p.m. on Sundays. Pantry volunteers cannot disclose information about visitors, who only need to fill out a one-time intake form which asks if they are over 18.

Hopkins alum Nemo Keller began developing the Pantry last spring after securing a grant to combat food insecurity and reduce food waste on campus. Keller also helped create the Free Food Alert, which notifies students about campus events with leftover food.

The News-Letter interviewed senior Ivory Loh and junior Emma Zeng, who both helped found the Pantry. Zeng explained that they wanted to start the program to address food insecurity at

Hopkins.

“Hopkins is obviously a very academically rigorous school, so a lot of people have to put a lot of time into their studies in order to succeed, but that’s really hard to do well if you’re hungry,” she said.

Loh explained that the idea for the Pantry evolved from the Free Food Alert. To supplement the Alert, Keller thought of creating a Free Food Fridge, where food left over from campus events could be stored.

“What she found was that even after the Alert, there were still small portions of leftover waste that they would have to throw out,” Loh said.

Zeng added that the Alert aims to serve a dual purpose on campus.

“It was a food waste initiative but also tangentially reducing hunger,” she said.

However, Keller was about to graduate when she received funds from the Office of Sustainability to start the Free Food Fridge. Zeng and Loh, members of the food justice group Real Food Hopkins, stepped in to continue the project.

Last summer, the two
SEE PANTRY, PAGE A5

IDEAL panelists offer perspectives on student protests

By KATY WILNER
Staff Writer

Students and faculty spoke about the role of protests and free speech on college campuses at a panel on Wednesday. The event was hosted by IDEAL, a student organization that promotes both nonpartisan and bipartisan civic engagement on campus.

The panel featured Adam Sheingate, professor and chair of the Political Science department; Matthias Lalis, a Cognitive Science PhD student; AJ Tsang, the Student Government Association (SGA) executive vice president; and

Jake LaRochelle, a member of the marketing team for the Milton S. Eisenhower (MSE) Symposium.

Sophomore Divya Baron, director of education for IDEAL, moderated the panel. In her opening remarks, she explained that IDEAL decided to host the panel in response to the increasing number of students participating in protests in recent years.

“The role that students have played in protests has been significant, acting both as champions of these causes on their own campuses and participating in national events,” Baron said.

She believes the Univer-

sity’s close proximity to Washington, D.C. is one of the reasons why there may be an increase in student activism. Many Hopkins students have attended large national protests like: the 2017 and 2018 Women’s Marches, in which thousands gathered to advocate for women’s rights; and the 2018 March for Our Lives, a student-led demonstration calling for stricter gun control measures.

Although the University provided buses to the March for Our Lives and SGA encouraged students to attend the March, Tsang thinks that the Hopkins administration does not

encourage students to protest in a similar manner on campus.

He believes that the University’s suggested guidelines for free expression show how Hopkins does not support protests on campus.

The guidelines, which were revised in January, outline the University’s support for free speech and offer resources to those who are planning protests. However, many student activists felt that the guidelines restricted their ability to protest.

“The administration wrote them out of fear,” Tsang said. “They were

SEE IDEAL, PAGE A6

INSIDE THIS ISSUE

Devouring your favorite book



The Sheridan Libraries hosted their fifth annual Edible Book Festival featuring deliciously decorated cakes.
ARTS, PAGE B3

Ending sexual assault in athletics

In light of the Michigan State sexual assault case, Sports Editor Esther Hong calls for sports culture to stop silencing survivors’ voices and putting male athletes on a pedestal. **SPORTS, PAGE B12**

Circadian rhythms and grades

A study from UC Berkeley and Northeastern Illinois University finds that students are more successful when their circadian rhythms match their class times. **SCITECH, PAGE B7**

NEWS & FEATURES

First year residents will wear longer lab coats



FILE PHOTO

First-year residents at the Hospital will no longer have a separate uniform.

By SIRI TUMMALA
Senior Staff Writer

For years, first-year residents in the Johns Hopkins' Osler Medical Residency Training Program have worn short white coats to represent their recent transition from medical school and their commitment to learning. However, first-year residents, beginning with the next cohort in July, will wear white coats that are 12 inches longer, the same style as more experienced residents.

Dr. Mark Anderson, physician-in-chief at the Johns Hopkins Hospital and the director of medicine at the School of Medicine, discussed the main reason for enacting this change in an email to *The News-Letter*.

"Our surveys suggested that applicants to our program perceived the short coats as emblematic of a hierarchy, rather than a marker of a transition from medical student to resident," he wrote.

In addition, Anderson explained that the shorter coat length did not have many positive benefits and was not necessary to uphold the values of the Hospital.

"Because the short coat was dispensable for maintaining our core values (Respect, Integrity, Service, Excellence and Equity) we determined its continuance had become a net negative," he wrote.

Anderson also explained that there are some who do not welcome the change and stated that the Hospital also acknowledges those views.

"However, we recognize that many of our trainees and graduates feel differently, and are sorry to see this change," he wrote. "We also respect their dissent."

Dr. Sanjay Desai, the director of the residency program, contextualized the change to the history of the program. As a former resident, Desai said that he liked to wear the short coat because he felt that it denoted his distinct position.

"The short white coat had been discussed since I was training — so for decades. However, it was a small concern by a small group of people that I think didn't represent a collective trend amongst the intern class," he said. "More recently, I think it has to be taken in the context of changes in society as well, where symbols are looked upon differently."

Desai connected the coats with the values behind the resident program.

"It is not worth it for us to lose even one highly talented potential intern," he said. "It is not the coat we are beholden to: It is the other values of patient ownership, excellence in patient care and compassion that we want to make sure we

continue to nurture."

He reflected on his personal experience with the short white coats during his time as a resident at the Hospital. He said it was a symbol that he was a lifelong learner.

"Even though we have MDs, it is really that year that teaches us how to compassionately care for patients at the bedside. That short white coat represented that learning process, and it also represented a shared experience I had with a group of 40 other people, which was one of the most meaningful in my life," Desai said.

Chief Resident Dr. Michael Brenner commented on the mixed response to the change in an email to *The News-Letter*.

"Our program's spirit is much bigger and deeper than the length of our interns' coats, so there remains a lot to be proud about the program, even though our wardrobe is changing a bit," he wrote.

Desai said that some patients do notice the difference in coats and may think that those with shorter coats are medical students. Now that all residents will wear the same coat, patients will not be able to tell who interns are simply from their attire. He described the uniformity that longer white coats will introduce among hospital staff.

"It is natural for them to think that this is a less qualified practitioner or clinician than the others they will interact with. I think from a patient perspective and even from a professional perspective, I think this will elevate the impression of an intern in their minds," Desai said.

Chief Resident Dr. Alex Ambinder explained that the alteration relates to the program's focus on changing with the times.

"It is one more thing that indicates to people that we are not too steeped in culture. Tradition is an important part of what we do, and it is something that makes us unique, but is not something we are bound by," he said.

Ambinder also explained that accommodating the views of first-year residents is important and is in line with the program's commitment to its interns.

"Some of the culture in medicine is changing a bit with respect to hierarchy. There is a new emphasis on wellness among physicians," he said. "Recently, like many other programs, we have been thinking a lot about how to improve resident wellness. This was something that we could change that was concrete that I think signifies how serious the program is about improving things."

Foreign policy analyst talks U.S.-Saudi relations

By JOHN FRYE
For *The News-Letter*

The John Quincy Adams Society, a national student group dedicated to non-interventionism and diplomacy, hosted foreign policy analyst Matthew Duss for their "Saudi Arabia and the U.S." event hosted on Saturday.

Duss was formerly the president of the Foundation for Middle East Peace, a non-profit that promotes a two-state solution to the Israeli-Palestinian conflict.

He also served as a policy analyst for both Vermont Senator Bernie Sanders and the Center for American Progress, a progressive public policy research and advocacy organization.

Duss began his talk by discussing what he saw as the problematic relationship between the U.S. and Saudi Arabia.

He began his talk by describing the Saudi Crown Prince Mohammed bin Salman's current tour of the U.S., as well as the skepticism he feels towards bin Salman's recent reform movements within his country.

"The real question is how committed he is to political reform. I see very little evidence that that's on his agenda right now," Duss said. "We need be realistic and say that he's interested in consolidating and ensuring the rule of the House of Saud. We can't get hung up on the idea that he is a democratic reformer, because clearly he is not."

In 2017, bin Salman took over the role of crown prince, after serving as the deputy crown prince since 2015.

Previously, bin Salman also worked as the defense minister for Saudi Arabia, where he launched a coalition in Yemen against Houthi rebels, a religious group. The initiative was known as Operation Decisive Storm.

Duss noted the disconnect between bin Salman's "anti-corruption" reforms — a series of firings within the Saudi government — and the extent of destruction caused by the Saudi-led conflict in Yemen.

He went on to criticize American politicians and business owners who warmly received bin Salman on his tour, despite his purported human rights violations.

To Duss, the media's portrayal of bin Salman as a progressive detracts from his nefarious intentions.

"He's clearly being advised to stress certain things to an American audience in terms of things we value," Duss said. "Women's rights, for example. He said, 'absolutely, we support women's rights.'"

He added that, while bin Salman has taken moderate steps to reform his country, he has largely used his power to gain even more control of the Saudi state

and military.

Even with gradual reform movements, Duss argued that Saudi Arabia continues to extoll a puritanical, often violent approach to Islam: Wahhabism.

He elaborated on the history of the region and on how Saudi Arabia developed its trademark ideology as a political tool.

"After the Iranian Revolution, there were many problems to the Saudis that cued them to the fact that they needed a much harder line to accommodate and build relationships with much more extreme clerics within their own society and preach much more radical teachings abroad," Duss said.

By cultivating a fundamentalist interpretation of Islam, Duss argued that Saudi Arabia, a predominantly Sunni Muslim country, was able to leverage political power against Shi'ite Iran and export their extremist ideology to places like Afghanistan as a means to ward off the Soviet Union.

Many countries, including the U.S., maintain strong diplomatic ties with Saudi Arabia, though the country has received international condemnation for its role in global terror attacks.

"We need to find ways of getting these countries to develop common solutions."

— MATTHEW DUSS,
FOREIGN POLICY ANALYST

Duss explained that Saudi Arabia holds consid-

erable sway over the U.S. due to its oil reserves and relationship with armament corporations.

"We need to understand how important it is for any presidential administration to provide and create American jobs," Duss said. "Arms sales create jobs. There are around 1.2 million voters in the U.S. that work in the arms and defense sector. We have to recognize the importance of that."

However, arms sales to Saudi Arabia come at a steep cost, according to Duss.

This is especially true in light of the recent Yemen crisis, where a Saudi bombing campaign has left thousands dead and millions on the brink of starvation.

"There's a great deal of influence [Saudi Arabia]

has had over the formation of policy in Washington," Duss said. "Yemen is one of the worst expressions of that. People are calling it one of the worst humanitarian disasters in the Middle East right now. That's really saying something."

The idea, according to Duss, was that the U.S. would provide the Kingdom with weapons on the grounds that they could oversee Saudi actions and minimize civilian casualties. In practice, Duss noted, the opposite has occurred.

"Once the U.S. refuels these Saudi planes, are we tracking where we drop the bombs?" Duss said. "And the reality is that no, we are not. If you can't track where the Saudis are dropping bombs, how can we say that we're having a positive effect on Yemen?"

While Duss believes that the U.S. must often work with authoritarian governments like Saudi Arabia's, he argued that saving lives should be the center of U.S. foreign policy.

"We need to sometimes compromise to protect our own security and promote American interests," he said. "But I would hope that human rights would be included in those compromises."

Duss opined that, rather than focus on sanctions and warfare as a means to an end, the U.S. should use its influence to foster dialogue and peace accords among Middle Eastern countries undergoing conflict, including Saudi Arabia.

"We need to find ways of getting these countries to develop common solutions to their problems, like climate change," Duss said.

He sees the U.S. as a leader in creating opportunities for countries to work together and believes that solutions can arise out of these discussions.

"This cooperation emanates out into some of their other problems, and it allows them to work on their touchier issues. The U.S. needs to set the table for these talks. We have a unique ability to facilitate these kinds of conversations," he said.

Sophomore Abigail Johnson said that the talk made her both disconcerted and hopeful about the future of U.S. relations with Saudi Arabia.

"I was really motivated to come here to learn more

about the Yemen conflict," Johnson said. "I wanted to learn more about U.S.-Saudi relations because of our problematic involvement in the Saudi assault on Yemen."

This semester, several student groups have held protests at events in order to oppose controversial speakers.

For example, on March 13, former U.S. Ambassador to the United Nations Samantha Power visited Hopkins to speak at a Foreign Affairs Symposium (FAS) event. Power supported military involvement in Libya and Saudi-led bombing of Yemen, actions which many have criticized.

At the FAS event, members of Students for a Democratic Society (SDS) staged a silent protest during Power's talk, holding banners with, "Samantha EmPowers Genocide in Yemen" and "It's Still Genocide When U.S. Allies Do It."

Sophomore Evan Drukker-Schardl said that, given the controversy surrounding Power's FAS event, Duss' remarks were especially important and relevant.

In particular, Drukker-Schardl thinks that learning about U.S. conflicts in other countries is a good way to show students the negative effects of military intervention.

"There are some International Studies students for whom talking about how U.S. intervention in places like Yemen is harmful would be an effective way to learn," he said.

Drukker-Schardl believes that it is important for Hopkins students to be exposed to new ways of thinking about foreign policy issues.

"The idea that it's morally wrong and just bad policy for the United States as well is not something that's usually taught here," he said.

Sophomore Hannah Fajer also supported educating more students about global conflicts and how to solve them. She added that she felt inspired by Duss' views of diplomacy and approaching current events with a less combative approach.

"I liked what he said about thinking of solutions other than just sanctions and thinking that we can actually help people and build relationships with them," she said. "That's really valuable."



DAVID SAVELIEV/PHOTOGRAPHY STAFF

The John Quincy Adams Society hosted Duss, who talked about U.S. involvement in Saudi Arabia on Saturday.

NEWS & FEATURES

Hopkins continues study amid criticisms

By **ALYSSA WOODEN**
News & Features Editor

Researchers at Hopkins Medicine will continue a study investigating possible health benefits of alcohol, despite criticisms that arose after a *New York Times* article reported that the study is funded by alcohol companies.

The study has received over \$65 million from Anheuser-Busch InBev, Heineken, Diageo, Pernod Ricard and Carlsberg, five of the world's largest alcohol manufacturers. The money was donated to a private foundation that fundraises for the National Institutes of Health (NIH).

The study, called the Moderate Alcohol and Cardiovascular Health Trial (MACH 15), includes 15 other participating institutions in addition to Hopkins.

Critics of the study are skeptical as to whether research sponsored by the alcohol industry will be biased in favor of the sponsoring companies, even if the researchers do not believe themselves to be under any external influence.

Hopkins Medicine officials claimed in a statement that they were not influenced by the alcohol industry, according to the *Baltimore Sun*. They cited policies prohibiting interactions with companies that may pose a conflict of interest.

"The multi-center study's design was rigorously vetted through internal and external scientific review boards without any involvement from private industry," the statement read.

The *Times* also noted that other researchers involved in the study may have additional ties to the alcohol industry. Director of the National Institute on Alcohol Abuse and Alcoholism (NIAAA) George Koob previously received research grants from a foundation funded by alcohol manufacturers.

Koob, however, claimed in the *Times* article that the trial would be and free from any conflicts of interest.

After recruiting about 7,800 participants, MACH 15 will randomly place them into two groups. One will drink only one alcoholic beverage a day and the other will drink no alcohol for six years. The study aims to assess whether drinking one alcoholic beverage per day decreases the chance of developing heart disease. To be eligible, participants must be at risk for heart disease.

Critics have also pointed out that although observational studies have found that moderate drinkers have less heart disease than those who do not drink at all, this may not be a result of drinking. Furthermore, research has connected moderate drinking with other problems such as breast cancer.

The study will be conducted at the Hopkins Pro-Health Clinical Research Center in Baltimore.

Students protest CIA recruiting event at the Career Center

By **JACOB TOOK**
News & Features Editor

A group of about 10 students staged a demonstration outside of a Central Intelligence Agency (CIA) recruiting event at the Career Center in Garland Hall on Tuesday. They partially blocked the entrance to the Career Center for about half an hour before marching out of Garland while condemning the University for inviting CIA representatives to campus.

Campus security responded to the protest, asking the demonstrators to move so that students could enter the Career Center for the information session. When the protesters moved aside, security officers stepped back and continued watching the group until it left Garland.

The protesters were members of Youth Against War and Racism, a coalition of advocacy groups including Students for a Democratic Society and Tzedek, as well as local organizations like the Peoples Power Assembly and the Workers World Party.

Senior Miranda Bachman, the founder of Tzedek and a leader of Youth Against War and Racism at Hopkins, explained that this demonstration was the first action that the coalition had taken.

According to Bachman, the coalition aims

to oppose what she called "United States imperialism" in other countries. She explained that the coalition seeks to build anti-war sentiment in Baltimore and at Hopkins specifically.

"Young people need to lead the charge against U.S. war and U.S. imperialism," she said. "The point of Youth Against War and Racism is bringing together students and young people in the city, around the city who will be engaged in the struggle."

They held a banner reading "CIA Out of Schools, Stop the U.S. War Machine" and chanted slogans like "Hopkins Makes Nukes" and "How do you spell murderer? C-I-A."

Freshman Bentley Addison, a member of Tzedek, said that the CIA was a fundamentally evil force. He explained why he thought it was important to oppose their presence on campus.

"We see the CIA coming to Johns Hopkins as a continuation of the school-to-war pipeline where really brilliant engineers and political scientists that graduate from Hopkins are recruited and snatched up by the CIA, by the FBI, by Homeland Security to create weapons of mass destruction that are going to be used in other countries," Addison said.

Addison added that the protest was effective because they were heard

by the Career Center and prevented some students from entering the recruiting event.

According to Julie Sanchez, the employer outreach coordinator at the Career Center, a career coach offered to speak with the demonstrators to hear their concerns about bringing representatives of the CIA to campus.

She added that she did not expect any protests when she coordinated the event but that she was impressed by how organized the group was.

"As long as we can make sure people can still come in and out of the Career Center, it's their freedom of speech, and we're not going to block that," Sanchez said. "I've never had a protest before so it's never really been an issue. We'll just have to figure out some protocol on what happens and how we handle it."

Zach Wheeler, a freshman who attended the information session, said that he wanted to learn more about the demonstrators' cause.

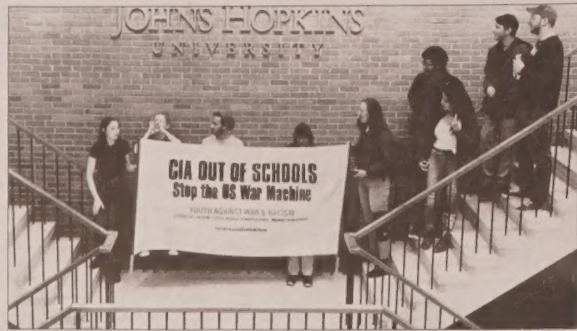
"I don't know if it's an effective protest because I don't know what they are standing for," Wheeler said. "I'd like to talk to them."

He added that the protesters were preventing students from learning more about the CIA to make an informed decision.

"If I were able to go to the information session, maybe I could learn more about the CIA and make an informed decision of whether or not I agree with their values and beliefs versus not going at all," he said. "Blocking informed discussion is maybe not the correct way."

Senior Kyra Meko, one of the protesters, said that they targeted the attendees of the recruitment session.

"It definitely made them think about it," she said. "We sent a message to the University that there are



COURTESY OF SARAH Y. KIM

Youth Against War and Racism held a protest at Garland Hall on Tuesday.

students who don't feel comfortable and who oppose having these agencies recruit on our campuses."

She explained that the Applied Physics Lab (APL) has military contracts for research. Though much of the APL's research is classified, Meko said that they work on weapons and drone engineering, as well as nuclear development.

According to Meko, it was important for them to persuade Hopkins students not to place their careers over the people who die as a result of the CIA's efforts.

"For Hopkins students or for people who are considering doing these careers, it's hard to connect getting a good job and people in other places dying," she said. "With advanced technology of drones, you can kill someone so impersonally. You can be one cog in a machine that kills thousands of civilians, and you're so removed from it that you don't even know."

Lieutenant Stephen Moffett of Campus Security, who shadowed the demonstration, said that the demonstration followed all of the protocols and guidelines for a demonstration on campus.

"Students have the complete right to express their concerns and protest as they see fit," he said. "Our role here as far as security goes is just to ensure that everyone is safe and that no one is obstructed from

attending the event."

Bachman said that Youth Against War and Racism will stage a rally on May 5 to commemorate the 50th anniversary of the Catonsville Nine, when a group of clergy members broke into a draft office in Catonsville, Md. during the Vietnam War to burn draft cards.

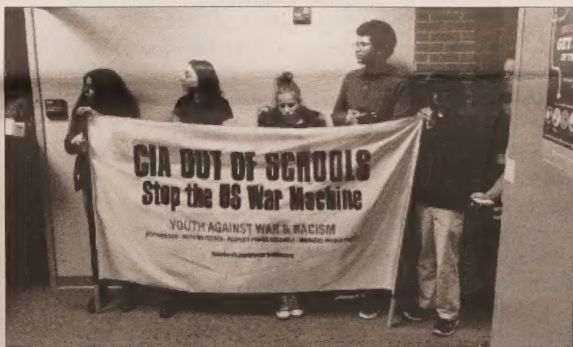
She said that the demonstration went well and that protesters were very dedicated.

"The best way for people to learn and to become more political and to move more left and adopt more radical politics is through action," she said. "We really ruffled some feathers and that was the goal. We stood tight, we stood together. We didn't let anyone intimidate us."

Bachman added that it's important for students to be aware of what organizations are recruiting on campus.

"Pay attention to this. Get upset. It's the students around us that are getting recruited and pulled into this war machine," she said. "People don't even necessarily know that when they do weapons research, that research is fueling the military overseas, bombing civilians, killing civilians, killing children in countries that do not have anywhere near the power and wealth of the U.S."

Sarah Y. Kim contributed reporting.



COURTESY OF JACOB TOOK

Student protestors stood and chanted in front of the Career Center.

Panel discusses resources for sexual assault survivors at Hopkins

By **JAMES SCHARF**
Staff Writer

The Panhellenic Association at Hopkins hosted a panel featuring supporters and defenders of sexual assault survivors on Monday. Students attended to learn about the support resources available at Hopkins for survivors of sexual assault and to understand how to best aid them.

Sophomore Sophia Strickland, who served as moderator, explained the purpose of the event.

"I thought, we have so many experts on campus, so why not bring all of them together to have them talk about stuff they don't usually talk about and give people a chance to ask questions that they couldn't normally ask?" Strickland said.

She began the event with a disclaimer that some of the panelists were mandated reporters, individuals who are legally obligated to report any suspicions.

Each panelist stressed that first and foremost, they would always believe survivors of sexual assault, citing the extremely low statistical likelihood that survivors are making false accusations. They noted,

however, that a relatively large amount of the public is more skeptical, despite the established evidence.

Sophomore Taylor Martin explained how she believes that there is a lack of knowledge about the existing resources available to survivors.

"I don't think that a lot of people are aware of every [resource] that's available to them on campus, [between] confidential and non-confidential [resources]," Martin said.

She indicated that the process of learning how to fill out a sexual assault report could be emotionally challenging for many.

"I feel that a lot of people don't know what it looks like [to fill out a report] and are scared of what it looks like," Martin said.

At the panel, Martin learned about the many options available to survivors and that if individuals reported an assault through certain channels, they

could lose their ability to request that the report not be followed up.

"I didn't realize that there were so many avenues of how to report and of what could happen after a report," Martin said. "And I didn't know that sometimes they can't grant a request to not pursue something once it's reported."

In an official University investigation into a possible assault, two Hopkins affiliates and one non-Hopkins

legal professional are required to notify both parties involved in a suit and determine the likelihood that an assault occurred.

Joy Gaslevic, the Title IX coordinator, emphasized that while they believe survivors the OIE must start any investigation from a neutral standpoint. She explained that without a "preponderance of evidence," the OIE cannot find the accused responsible.

"We don't want anyone on this campus to feel alone. There are people listening. We believe you."

— **DANI PITKOFF,**
SARU
CO-PRESIDENT

Another resource available to survivors is the Sexual Assault Resource Unit's (SARU) 24/7 Peer Crisis Support Hotline.

SARU Co-President Dani Pitkoff described how SARU believes that each educational event such as the panel helps to remove rape culture and violence on campus.

"Every individual is really important in eradicating rape culture and gender violence on campus," Pitkoff said. "Every voice matters, every intervention matters, every workshop you attend makes a difference and every person involved makes a difference."

Martin and Strickland agree that on campus, few students are willing to discuss sexual assault.

Pitkoff and SARU Co-President Mayuri Viswanathan say that SARU hotline callers can be counselled, referred to outside help and more.

"We don't want anyone on this campus to feel alone. There are people listening. We believe you," Pitkoff said.

Pitkoff and Viswanathan discussed how SARU helps run many events on campus to aid survivors and educate students.

Panelist Alyse Campbell, the University's sexual violence prevention and education coordinator, explained how the introduction of Bystander Intervention Training (BIT) has made students feel more comfortable intervening.

BIT teaches students how and when to intervene in a situation where an assault might occur. Training is mandatory for incoming freshmen and transfer students.

Campbell is also the advisor for SARU and runs several other educational programs.

Campbell echoed Pitkoff and Viswanathan's stance on the importance of making sure that survivors know that their supporters believe them and are there for them.

Strickland is optimistic that in the future, more people will be at ease discussing sexual assault on campus.

"There's still some barriers to discussing rape culture on campus, for sure," she said. "We're heading in the right direction, but it requires a massive effort on our part."

Divya Parekh contributed reporting.

NEWS & FEATURES

Two tickets go head-to-head in debate before SGA executive board elections



FILE PHOTOS

The New Horizons ticket (left) and Thumbs UP for Jessup ticket (right) faced off in a debate on Monday night.

DEBATE, FROM A1

session to vote on the bill that would authorize the University to create its own police department. Jong views this as a victory but said that students need to continue to advocate against future plans to reintroduce the bill.

Jong believes that implementing a private police force at Hopkins is unnecessary and argued that restructuring the current patrol system of Hopkins security guards would be sufficient in helping students feel safer.

"We can be protected with a better patrol system with the Hop Cops," he said. "If we do indeed need a private police force, the decision needs to be made after our voices are heard and our demands are fully

reflected in the bill."

The tickets also addressed their plans for funding student groups and organizations.

Tu noted that as the current executive treasurer of SGA, she has seen the budget for student groups decrease significantly.

"It is ridiculous that I had to place a 55 percent-age cut last year," she said. "That's just tragic."

Tu said that in the future, she would work to increase funding for student groups and would create an online database where each student group can view their current budget.

Jong agreed that the University does not allocate enough funds toward student groups and organizations.

"The administration should put more attention on student engagement and activity," he said.

Jong believes that this can be alleviated by restructuring the current budget.

"We can reduce costs, try and have a more responsible plan, so we can allocate money where it actually counts," he said.

According to Jong, this includes student activities, sexual assault and mental health issues, and dining and housing.

The tickets also discussed the lack of resources for students with disabilities on campus.

Williams said that the first step toward improving accessibility on campus is listening to the demands of students with disabilities.

"We need to listen to students with disabilities," she said. "We need to make sure that as student representatives, we are giving them a platform in which they can speak, because at the end of the day, students with disabilities are the ones who can best tell us what they need in regards to accessibility on campus."

Tsang noted that the Office of Student Disability Services (SDS) is currently understaffed. He said that to remedy this, the New Horizons ticket would work to reinstate Brent Mosser, the former director of SDS.

"Our SDS has been completely de-resourced in the past year or so," he said. "To know that that office right now is understaffed is a huge detriment to student with disabilities."

Tsang called for student resources overall to become more accessible on campus.

"It takes 25 minutes for an able-bodied person just to walk from the Rec Center to the Counseling Center. That needs to change," he said.

Jong said that he would address the lack of resources for students with disabilities by creating a continual survey where students would voice their concerns. He also noted that many of the el-

evators on the Homewood Campus frequently require maintenance, posing an inconvenience for some students with disabilities. Jong said that his ticket would work to solve this problem.

"The elevators do go out of service very often at Brody," he said. "We would like to change that."

The candidates also addressed the disparity in compensation between Residential Advisors (RAs) who do and do not receive financial aid.

Jong believes that RAs should receive equitable compensation for their work. He said that since about 40 percent of RAs receive financial aid, he hopes to address this disparity immediately.

"This is an issue that has been overlooked for the past few years," he said. "It affects actual people and their money. Their student lives and experiences are at threat because the financial aid is denied. It is unacceptable that you would have to pay in order to work as an RA."

Mebrahtu agreed that RAs should be fairly compensated and noted that the current system favors students of a higher socioeconomic background.

"Inherently, it is discriminatory towards those members of a lower socioeconomic background," he said. "It's an excuse to not give students what they're due."

Williams echoed Mebrahtu's sentiment and also noted that students are required to disclose outside scholarships to the University.

"When you have a system that is inherently classist, you have a lack of representation for students of low income," she said.

Each candidate was asked what they believe is the biggest issue the SGA faces today.

Tu reiterated her concern about the lack of funding for student groups. Jong noted that there is a lack of mental health and sexual assault resources on campus.

"Currently, we do not have the appropriate funding or the staffing to appropriately deal with these issues," Jong said. "I have heard often that it takes at least two weeks to schedule an appointment and to get help. If you're at a critical stage at your life, this is enough to be fatal."

Mebrahtu also believes that the lack of mental health resources at Hopkins should be addressed. He explained that he is currently advocating to make course syllabi available on the Student Information System (SIS) so that students can better plan for the upcoming semester.

Tsang said that in addition to mental health, a lack of transparency from the University underpins all student concerns.

"We need to make sure that administrators actually come out of their office in Garland and actually see student life and see the student experience for what it

is so they can actually make reasonable and informed decisions," Tsang said.

Williams believes that it is important for Hopkins to fully divest from fossil fuels companies and to increase resources for the Office of Sustainability.

In their closing statements, members of New Horizons noted that the high turnover rate in SGA makes it difficult for the organization to promote change in the administration.

"New people come in and they're very passionate and they're very idealistic, but it really takes time to understand how the bureaucracy works," Williams said.

Jong believes that as a challenging candidate for executive president, he allows the SGA to explore new issues.

"I believe I represent democracy and change that can happen," he said. "Just the fact that there is a challenging candidate helps us bring better issues to the table, talk about issues that are not represented."

Sophomore Nana Bruce-Amanquah appreciated that the tickets discussed the issue of financial aid for RAs.

"I wasn't expecting that to be brought up, but I'm going to be an RA next year, and that's something that is a concern," she said.

Sophomore Caroline West decided to attend the event because she wanted to make an informed decision before voting in the executive elections.

"I was guided by the same principle that guides me when I vote in any election, especially off-campus," she said. "It's important to be informed."

West was interested in hearing about SGA's role in administrative decisions.

"Our tendency is to think of them as sort of democratic representatives, but I think sometimes they can function as more ceremonial figureheads," she said. "They should function as meaningful, substantive representatives that do have some power in the decisions that change our lives."

West noted that the candidates did not address the difficulty of rearranging the current budget when they discussed funding for certain projects.

"There was a lot of talk about funding and ideas that need to be funded, how our budget is complicated, but I didn't hear a lot of talk about how our system is structured in such a way that makes it hard to allocate money towards these different initiatives that were being discussed," she said.

West also wished that there was more contestation and argument in the debate, noting that the tickets agreed on many issues.

"It was unfortunate that there weren't other candidates or another ticket that could've offered some kind of oppositional force," she said.

Author calls for more accessible menstrual health

By SARAH Y. KIM
News & Features Editor

Jennifer Weiss-Wolf, J.D., gave a talk on her book *Periods Gone Public: Taking a Stand for Menstrual Equity*, at Hodson Hall on Tuesday evening. Hopkins Feminists and the Diverse Sexuality and Gender Alliance (DSAGA) co-hosted the event.

A public interest lawyer and vice president for development at the Brennan Center for Justice at the New York University School of Law, Weiss-Wolf is also the co-founder of Period Equity, the only national law and policy organization that focuses exclusively on menstrual access, affordability and safety.

Weiss-Wolf said that her interest in the topic began in 2015. She saw that her Facebook news feed featured a post by a local parent, who said that her two teenage daughters were collecting pad and tampon donations for their community's food pantry.

"I can't quite explain why it hit me on such a visceral level, but it was a complete shock to me," she said. "I never had really thought about that aspect of our life, about what it would mean to be someone who was challenged in affording these products, why it was the food pantry didn't have them or readily provide them. It just triggered so many questions for me."

After seeing the post, Weiss-Wolf spent the next several days researching unequal access to menstrual products and education.

"I just dropped everything," she said. "I was sitting there just doing a repeat Google search to understand everything that I could or what the public was saying about this issue

that I had never thought about before."

She explained how lack of access to menstrual products and education negatively impacts girls and young women. For example, many students in poorer communities are unable to attend school while on their periods.

"Young women in particular were being shunned from their homes and societal participation due to menstruation," she said.

Weiss-Wolf said she was surprised by the wealth of information she found online regarding menstrual access as a public health crisis.

"The level of discourse and active intervention was actually really remarkable," Weiss-Wolf said. "I was surprised that I didn't know more about it. There was not really a shortage of information about it."

She felt, however, that there was a lack of conversation about the subject in the U.S.

"I would find every so often a shelter or a food pantry would include menstrual products," she said. "But there was really no discourse, certainly no storytelling on the part of people for whom this was a problem."

Weiss-Wolf said that it was important to develop a systematic narrative around menstrual access in the U.S. so that people could come up with solutions. She believes that misogyny has stalled discourse on menstruation, noting that many people feel uncomfortable discuss-

ing reproductive systems and health.

She criticized people for voicing disgust regarding menstruation, saying that complaints are often inconsistent.

"They don't even make sense when you put them together," Weiss-Wolf said. "The gist of it was: You want your birth control for free,

you want your babies for free, you want your abortions for free, now you want your tampons for free?"

In January 2015, Weiss-Wolf published a piece on improving menstrual access on the *New York Times*, via op-ed columnist Nicholas Kristof. She said that the piece "marked the starting line" for greater advocacy around menstrual health.

"Other people started writing about it and talking about it and considering not just the ideas that I was putting out there about equity, participation, policy agenda, but thinking about it through all kinds of lenses," Weiss-Wolf said.

Junior DSAGA Director of Administration Isabella Altherr said that she was pleasantly surprised by the range of people who came to the event.

"People in the room who I didn't even necessarily know are interested in the topic," Altherr said. "A lot of the time I feel like you know all of the people who come to similar events, so it was good to see new people."

Sophomores Chanel Lee and Bridget Chen recently received funding for an initiative called Wings that aims to improve men-

**"There was...
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problem."**

— JENNIFER
WEISS-WOLF,
AUTHOR



COURTESY OF EMILY MCDONALD

The candidates discussed campus mental health resources and other issues.

Diva Parekh contributed reporting.

NEWS & FEATURES

SGA discusses funding for Spring Fair 2018

By **TIANCHENG LYU**
Staff Writer

In their meeting on Tuesday, the Student Government Association (SGA) discussed various requests for funding from student groups.

At the beginning of the meeting, Sophomore Class Senator Alex Walinskas discussed having online scheduling for first-time appointments at the counseling center.

“[Counseling Center Director Matt Torres] was very receptive to all of our feedback and really just talking about it, the restraints that the Counseling Center has, but despite budget restraints and the position that they’re in, they’re genuinely receptive,” she said. “So something that he said is that they’re going to roll out online scheduling over the summer... it’s for the first time only... they can fine tune it in the fall.”

Director of Student Leadership and Involvement Kirsten Fricke gave an update on what she has been working on.

“We’ve been very busy interviewing candidates for the Associate Director of Leadership Development... we have one more person, and then next week is really getting into the world of Spring Fair. So I think we’re just in survival mode right now like you all are,” she said.

SGA voted to give SLAM, a student hip-hop dance group, a budget of \$861 for registration at two dance competitions they were accepted into.

Freshman Class Senator Coco Cai presented and voiced her support for SLAM’s funding proposal.

“SLAM is the only hip-hop dance group at Hopkins, and we all know that there’s been budget cuts... [groups] are struggling with money and going to competitions,” Cai said. “I know that they are doing well and have a big campus reputation. It’s great that they’re going to competitions at Prelude New York and the University of Maryland.”

Next, SGA discussed the Spring Fair Committee’s request for funding. With a current deficit of \$4200, Spring Fair expects to secure \$1500 from local arts & crafts vendors but will still be \$1200 short to pay for the annual fireworks performance.

Cai explained the rationale behind Spring Fair’s request.

“Fireworks are a night-time tradition of Spring Fair, and we have it every year. Because of tight budgeting this year, however, the performance might not happen. But we still really want to keep this tradition for the students, especially the freshmen,” she said.

Nevertheless, Senior Class President Kwame Alston voiced his concerns.

“The money SGA has is supposed to be funding a lot of student groups,” he said. “Since Spring Fair already has a huge budget and the fireworks are such an important tradition, it

should be on top of their item list. I’m comfortable with funding Spring Fair, but we also need to be preaching financial responsibilities to these larger organizations.”

Walinskas wondered why Spring Fair had a budget deficit.

“My only hesitancy about this is what was the reason for being in a deficit? What cause of a deficit are we making up for with this funding?”

Later in the meeting, SGA learned from the advisors of Spring Fair that requesting funding from SGA would not be a possibility.

SGA then addressed a request from the Johns Hopkins Outdoors Club (JHOC). This year, JHOC is planning to host outdoor movie screenings of environmental films, including episodes of the documentary series *Blue Planet*.

Emma Weinert, one of the leaders of JHOC, elaborated on the club’s request for funding.

“We, for the past two years, have hosted outdoor film screenings during Earth Week,” she said. “We’d love to do it again this year, so we’re requesting \$620, which covers the cost of the outdoor film equipment and the AV set-up.”

Due to their meeting’s time constraints, however, SGA will need to discuss the JHOC request in further details after the meeting.

Lastly, SGA addressed some professors’ complaints about the high quantity of “accommodation letters” coming from the Student Health and Wellness Center, which prove that the student is sick and present at the Center during their absence in the classroom or during exams. The University is considering changing its policies to limit the use of these letters.

Freshman Class Senator Matt Taj shared his personal experience with requiring an accommodation letter.

“I had a flu before spring break,” he said. “[The Health and Wellness Center] gave me an email to send to my professors for not being in classes... but you usually have to CC the email to the Dean of Student Life. Since it’s not an official letter to the professor, the school is trying to make it not intrusive to the student’s privacy.”

Nevertheless, Alston called to SGA’s attention the impact such changes might have on students who struggle with mental health issues.

“We only have two case workers to deal with a campus full of very stressed out students who are actively using the counselling center to its capacity,” Alston said. “Why are we once again not pressing attention to mental health? If I broke my arm, no one would expect me to attend classes. It should be the same for mental health issues.”

Ultimately, SGA tabled the discussion, which will continue in its meeting next week.

Hopkins Pantry offers free food to affiliates



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The Food Pantry, located in the Office of Multicultural Affairs, provides Hopkins affiliates with non-perishable food.

PANTRY, FROM A1
met with administrators and worked to secure resources and organization for the Free Food Fridge. However, Zeng elaborated that she and Loh eventually needed to reassess their idea.

“Not only could we not find student monitors to monitor the fridge, but also because these are perishable goods, there were a lot of regulations around it,” Zeng said.

Loh said that she and Zeng were later invited to join the Food Insecurity Working Group, an initiative involving the Interfaith Center, the Counseling Center, the Office of Sustainability, and Housing and Dining, among others.

“This gave us an idea to have a transition in our project to focus more on food insecurity, and having food waste be in conjunction with that,” Loh said.

In focusing on food insecurity, the pair began researching programs and initiatives at other U.S. universities. They stumbled across a growing network of student-run pantries.

Loh talked about the research that went into transforming the initiative into the Hopkins Pantry. Zeng researched Columbia University’s pantry, which served as a model. She also reached out to local colleges like Towson University and the University of Baltimore.

“Towson’s initiative just started too, so it was really cool to see their take on the starting steps,” Loh said. “Both of us coming in didn’t realize food insecurity was an issue on campus.”

Students who undergo food insecurity are typically forced to prioritize buying textbooks, paying for tuition and securing transportation over buying meals.

To establish a comprehensive understanding of hunger among Hopkins affiliates, Loh and Zeng led a “labor force” of students who had studied food insecurity on campus.

“Together we all realized what we needed was preliminary, formative research, so we could determine what is the level of food insecurity on campus,” Zeng said. “We created a survey that we pushed out to students, both graduate and undergraduate.”

The survey, distributed during fall 2017, asked students whether they were skipping meals due to financial circumstances. The survey drew 509 respondents.

Only 7.5 percent of respondents identified as

being food-insecure. However, 60 percent of respondents said that they knew another student who went hungry due to a lack of money.

According to the *New York Times*, about half of all college students in the United States struggle with food insecurity. It adds that this problem occurs even at elite institutions like the University of California, Berkeley or Northwestern University.

It adds that in New York, 30 percent of students in community college and 22 percent of those enrolled in four-year colleges suffer from food insecurity.

The *Times* elaborates that the risk of food insecurity is much higher for LGBTQ students, students of color and former foster youth.

Greater risk of food insecurity can be attributed to the rising cost of college education in the U.S. Tuition levels are already at their highest in history, the report reads, at odds with the declining income and wealth of most American families.

The report also says that food stamps, which are offered as a solution to food insecurity by many, often don’t work for college students because they have a minimum work requirement for the recipient, which is unrealistic for someone enrolled full-time.

Loh and Zeng believe that this discrepancy may be attributed to the stigma around hunger and lack of resources on campus.

According to Zeng, they were inspired by existing initiatives that combat food insecurity. For example, some students were able to receive meal cards. However, they said that such solutions only worked in the short-term.

The two hope to gather enough data during the spring semester to determine what the future of the project may look like.

“From that, we would say, ‘Do we continue this next year?’ If it’s a total failure, then obviously not,” Loh said. “We’re not trying to push for something that doesn’t work, we’re just trying to see if it does.”

In the first week, Zeng and Loh reported that eight students visited the Pantry,

each carrying out between three and 10 items. Loh said that while she and Zeng were initially discouraged by these low numbers, they also heard that Towson University’s pantry initially had similar turnouts.

“In their first month they only had 20 visits total,” she said. “The fact that we already had eight people in this first week, I feel like it’s going to take off even more.”

Zeng attributes food insecurity on campus to the lack of financial support for low-income students at Hopkins.

“People who are facing food insecurity don’t want to talk about it,” Zeng said. “Something that the school loves to say, especially about this incom-

ing class, is that about 10 percent were low-income, first-generation students. And it’s great that they’re getting into Hopkins, but then they don’t have the support.”

Loh added that it can be difficult to help friends struggling with food insecurity.

“You don’t want to say, ‘Here’s money,’ or ‘Let me treat you,’” she said. “The support needs to come from institutions at the whole community level.”

Loh and Zeng feel confident about the Pantry’s security as they are receiving a lot of support from the Freshman Class Council, as well as the administration.

“The Freshman Council of the Student Government Association has been a really big supporter of this initiative as well, and I think that reflects their priorities as a freshman class,” Zeng said. “A lot of the groundwork was student-led.”

Loh added that although she and Zeng faced difficulties working with the administration at first, they found support from Allison Leventhal, who oversees the Food Insecurity Working Group.

“Once we were in this Food Insecurity Working Group, they were hearing our ideas, and they were really supportive and wanting to explore more about the issue,” she said.

For now, Loh and Zeng hope that the stigma about food insecurity can be changed and that more people can have conversations about hunger on campus.

“I’m hoping the Pantry establishes, ‘Here is a need. Look: We’re showing you there is a need,’” Loh said. “The Pantry’s not going to solve everything... this is not the end-all, be-all solution to hunger on campus. We want this to just be an additional support.”

While the Pantry is accepting donations, the leaders also call for greater awareness and communication.

“The most important part is just getting that knowledge, getting that conversation started,” Zeng said.

The Hopkins Pantry has an active Facebook page where people can find out more about services, hours and policy.

Assistant Director of OMA Carla Hopkins did not respond to requests for comment by press time.

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NEWS & FEATURES

IDEAL hosts a panel addressing campus protests

IDEAL, FROM A1
afraid of disruption and challenges to the status quo here at Hopkins."

Sheingate also believes that freedom to protest is an important part of American culture.

"Collective action should be protected in a liberal democracy, and that's why we should be vigilant of restrictions of those kinds of activities," he said. "That's not to say that the line is always clear."

These guidelines restrict certain aspects of student protests, including the suggestion that students should reserve spaces in advance where protests would be held. This limits the ability to organize a protest for many students, as only registered organizations at the University can reserve spaces on campus.

Many students believed that these guidelines violated their freedom of expression, and Tsang said the early versions of the guidelines were created by Hopkins lawyers and did not consult with students.

The panelists discussed the presence of student-organized protests on campus, including the 2016 fight to save the Humanities Center at Hopkins. After conducting multiple department reviews, the University considered

closing the Humanities Center, upsetting many graduate students and faculty members. Lalisie was an organizer among students who were committed to keeping the department open.

"Essentially what was planned to happen was that a neutral committee made up of three faculty members was going to evaluate the department and make a recommendation on the department's closure," he said.

The graduate students involved in the "Hands Off the Humanities" campaign held several protests and rallies during fall 2016. They printed flyers and held rallies that were well-attended, according to Lalisie, showing the level of student support for the cause.

Ultimately, the University did not shut down this program but instead renamed it the Department of Comparative Thought and Literature. Lalisie stressed the importance of student protests on campus.

"Protests are the sort of tool you use when you don't have power and need to build it," he said. "It's important to pair them with some sort of vision on how you're going to turn it into some sort of sustained activism."

Other panelists, like Tsang, agreed with Lal-

isse, claiming that these sustained protests are most likely to affect change.

"The two biggest goals of a protest should be sustainable advocacy and having a seat at the table in terms of implementing policy change to actually effectuate a difference on what the protest is going for," he said.

Panelists discussed other Hopkins-related protests, including the ones that have occurred at speaker events on campus.

LaRoche discussed protests that have occurred at MSE Symposium events. He said that MSE Symposium strives to bring in speakers from both sides of political spectra to represent different perspectives on campus. LaRoche explained that if the organization brings in a far-right speaker, they also bring in a far-left speaker to diversify content available to students.

One notable protest held at an MSE Symposium event was when Ohio Governor John Kasich spoke on campus in November 2017. Students handed out flyers before the talk with information on some of Kasich's previous statements regarding women's rights. Protesters specifically criticized Kasich's support for limiting women's reproductive rights.

"This was very effective

because after listening to him, the first thing [protesters] asked Kasich was about his record on these issues," LaRoche said.

LaRoche said that this form of protest is more effective than a march because students might not hear what the protesters are fighting against. He believes that by giving out information directly to students, they gained a deeper understanding as to the protesters' cause.

Sheingate argued that there are some instances, however, where a passive form of protest is not as effective.

"There is an element of protest which is designed, and is effective, because it is disruptive," he said. "An iconic form of protest we can think about is the marches around the Civil Rights Movement in the 1960s."

He said that the reason these protests were so disruptive and subversive was because they directly challenged established Jim Crow laws, which perpetuated discrimination against African Americans.

"The force of nonviolent protest was that it directly confronted the control of space under Jim Crow," Sheingate said.

He said that the effects of many student protests held on campus do not have the same level of effectiveness because they are not directly confronting authority in the same way.

Panelists also discussed the role that technology plays in organizing protests. LaRoche believes that social media can help protest efforts by advertising them to a wider audience.

"You are able to make an event on Facebook and find people who otherwise would not have known about your protest," LaRoche said. "It is definitely useful as a recruitment tool."

Liam Haviv, founder of the Hopkins chapter of IDEAL, asked the panelists about their thoughts on how the use of social media could individualize the purpose of a protest.

Tsang believes that social media is beneficial to protest organizers because it makes their causes accessible to a wider range of people.

"The main effect of social media is to enfranchise and empower," he said. "Especially in comparison to previous decades where media was controlled by a few conglomerates, now everyone has a chance to have a voice."

Freshman Rachel Juieng, a member of the activist organization Students for a Democratic Society (SDS), thought that this event was important because of her own interest in student activism.

"Having been involved with multiple protests on campus, it is really important to hear different views from professors and graduate students," she said.

Other students, including freshman Irfan Jamil, said that this event was intriguing because of its relevance to the current political climate.

"It was a very good discussion about protests in the 21st century," he said. "Especially as a college student living on campus, it's important to learn the most effective forms of protests and when they are too disruptive."

Students aim to reduce food waste on campus



COURTESY OF GRACE WINDHEIM

Real Food Hopkins hopes to educate students and minimize food waste.

By MORGAN OME
News & Features Editor

Real Food Hopkins (Real Food), a student organization promoting food justice and sustainability, launched the first week of its #WasteOutLoud Challenge on Monday. The challenge encourages students to track their food waste and share the information with Real Food for five consecutive days within the next three weeks.

Sophomores Grace Windheim and Katie Smith,

members of Real Food, explained that they wanted to make food waste a more visible issue on campus.

"Unfortunately, people don't always think about their waste when they don't have to see it happening," Smith said.

Windheim elaborated that Real Food hopes that students will keep a record of their food waste over an extended period of time. Students can use a food diary that the organization created and post photos of food that they throw out on Instagram or Facebook.

The #WasteOutLoud Challenge is being promoted in conjunction with Real Food's Weigh Your Waste Campaign, Smith explained. Weigh Your Waste is held in dining halls on campus each semester. Real Food collects all leftover food, napkins and liquids and sums up the weight in order to show students the magnitude and scale of food disposal.

"It's really supposed to emphasize the personal impact you have with food waste," Smith said. "Even when you do Weigh Your Waste and you see you put this much amount of food into the waste bin, that's one meal, one day of the week. Doing it continuously, you see, 'Over this amount of time I actually made a lot more waste than I would have realized.'"

According to Windheim, food waste is a common problem in college dining halls because they operate as buffets. When students think about the cost of food, they are less likely to throw it away, she said. However, when eating at a dining hall, students often do not think about the money they may be wasting since they pay a flat fee.

This year, Real Food seeks to increase the number of Weigh Your Waste Campaigns and collaborate with chefs in the dining halls to expand food waste initiatives. This

week, they are organizing a campaign in Nolan's on 33rd. Last fall, the group measured waste in the Fresh Food Cafe (FFC).

"With the three weeks, in two hours each, we had 324 pounds total," Smith said. "This last week when we were in Nolan's, we had a total of 23.3 pounds. So it was a lot less."

Another aim of the #WasteOutLoud Challenge is to educate students about the environmental impact of food waste. According to Smith,

many people understand that they should try to minimize waste but do not think about the range of effects that excessive food waste has.

For example, she said that throwing away food also depletes the land, energy and water resources that go into producing and growing food.

"Forty percent of all food is wasted, once it's prepared as food," Smith said. "But even before that, 21 percent of water is used to produce food that is ultimately wasted."

Smith and Windheim encourage students to think of creative solutions to combat food waste. They noted that while composting is better than throwing food into the trash, industrial compost facilities still require energy use.

They hope that the #WasteOutLoud Challenge will provide a forum for students to share ideas on reducing food waste. Windheim said that students can try to be more mindful of using all of their groceries, or of using reusable containers to bring leftovers home.

She added that the social media aspect of the challenge is not intended to make students feel guilty about wasting food.

"It's not supposed to be shaming," Windheim said. "People feel accused, and that's not the point at all. It's just personal awareness, seeing how others are contributing to the challenge as well."

Smith added that students should not feel pressured into overeating and that Real Food wants students to be mindful of their health, too.

"We just want to highlight that this is an awareness event. People shouldn't feel like they have to finish the food on their plate," Smith said. "It's not minimize your waste at the detriment of your health."



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Inter-Asian Council hosts gala highlighting stories of immigrants at Hopkins



COURTESY OF KAREN WANG
The gala featured photos of student immigrants and snippets of interviews in which they shared their stories.

IMMIGRANTS, FROM A1
campaign is important in changing negative views of immigration. She also hopes that the photos will help students realize that immigrants are not an isolated group.
“People talk about [immigrants] as if they are people that they don’t really associate with, like they don’t know immigrants themselves,” Yeh said. “But we have immigrants on campus. We all know someone [who has an immigrant background], and we can’t just dehumanize them... You can’t just write them off as if they’re an entirely different group of people.”
Junior Kush Mansuria was an interviewee in the campaign. He decided to

share his experiences as a second-generation Indian American because of his interest in knowing where people originated from.
“I’m someone who’s interested in how people came to where they are now, what their background was and what led them to where they are today,” Mansuria said. “I kind of just wanted to share my own story on how I got to where I am today, and through my story, to also share my parents’ story.”
Mansuria’s parents immigrated to the U.S. in the ‘90s and settled in Parsippany, N.J., a diverse immigrant community.
He explained that there are many immigrants in Parsippany, making its

community a diverse mixture of people and cultures.
“It’s really nice to grow up in a neighborhood like this, because it promoted diversity,” he said. “When I came here, I didn’t realize how different life back home was to here, because some people grow up in very homogenous communities.”
According to Mansuria, being exposed to various backgrounds helped him become more appreciative of other cultures.
“Cultural differences are less noticed in such a diverse community, especially between eastern and western cultures,” Mansuria said. “For example, my friends would often bring food from home for lunch, and it’s something we

would often share, so it was a really cool thing to have this community which was appreciative of different cultures.”
Mansuria additionally stated that growing up in the U.S. has helped him recognize the privileges he has had while simultaneously facilitating his appreciation of Indian traditions and cultures.
“I can see the huge contrast in life [between America and India], so I’m able to appreciate the privileges that I have growing up in America,” Mansuria said. “At the same time I have a greater appreciation for my culture as well, because that’s something that’s harder to preserve when moving to America, because it’s something that gets lost in wanting to assimilate.”
However, Mansuria said that sometimes, his different cultural backgrounds clash. Alluding to the notion of a ‘Third Culture Kid’ — someone who is U.S.-born but has parents who are immigrants — Mansuria stated that he does not see himself as either completely American or completely Indian.
“A lot of times, certain values that are western or American aren’t the values that are from India,” Mansuria said. “This is something I’m trying to understand and navigate, because I see a clash of cul-

tures at times, so it’s been difficult figuring out if I’m more Indian or more American and where I fit in on this spectrum.”
Freshman Isabel Rios-Pulgar immigrated to the U.S. from Venezuela at the age of one, and she expressed similar sentiments about being a part of two cultures.
“Because I [grew up in] Miami, I’m very much Venezuelan in the sense that the culture’s still with me. I listen to the music. I know what’s going on back there. I watch the news there,” Rios-Pulgar said. “It’s nice because I get to call myself both and have the good values of both.”
Rios-Pulgar additionally emphasized that coming from an immigrant background does not make someone any less American and used this assertion to face discrimination. When people tell her to go back to where she came from, Rios-Pulgar said that she stands up for herself.
“I say ‘this is my country, I don’t have to prove it to you,’” Rios-Pulgar said. “The easiest way is to just turn around and say ‘I’m as much American as you

are.’ I feel like that’s the best way to change that discrimination.”
Being an immigrant has made Rios-Pulgar more aware of other countries’ plights — like her native Venezuela’s — and the importance in providing aid to them.
“Being an immigrant, it’s that sense that we’re not the only country in this world. We need to help other countries that are going through crises,” Rios-Pulgar said. “To have that isolationist perspective, to put America first, is to not pay attention to the fact that all of these [immigrants] come from different countries.”
Yeh expressed that she hoped the campaign would foster a more empathetic view of immigrants and direct the conversation away from ignorance.
“It’s a difficult thing to take action, but the least you can do is to speak out whenever you hear someone being ignorant,” Yeh said. “You can’t really ask everyone to be an activist, but you’ve just got to pay attention to the people around you and empathize with them.”

“You’ve just got to pay attention to the people around you and empathize with them.”
— EVELYN YEH, IAC VICE PRESIDENT



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VOICES

Hopkins is a diverse university, where an incredible mix of cultures, academic interests and personalities coexist and thrive...

Mukherjee's explorations of the history of cancer



Bessie Liu
WriteMe

I read the majority of the book *The Emperor of All Maladies* on flights between Baltimore and SoCal during Thanksgiving and winter break, and I still haven't actually finished the entire thing yet. But as far as I can tell, you would have difficulty finding a narrative that blends the journey of science and humanity as comprehensively and eloquently as this one does.

Siddhartha Mukherjee manages to focus on and unravel cancer both as cancer the cellular process that, to some extent, occurs almost inevitably as a part of the aging process; and as cancer the human disease that we have been struggling to understand and have been succumbing to for thousands of years. The book is split into six different parts, each centering around a different "era" of beliefs about cancer during which something fundamental changed about the way we viewed the disease.

Because of that, I really enjoyed the entire first section of the book that focused on the history of cancer, from history's first recorded cancer patient to the origins of the term "cancer" (from *karkinos*, meaning "crab" in ancient Greek) to the galvanizing belief that cancer came in the form of black bile, one of the four humors. To a large extent, our long-standing fear of cancer arose from a lack of understanding of how cancer was transmitted in the first place (was it through a virus, for example?). Much of our history with cancer consisted of trying to figure out how it develops, even if physicians could only make their best guesses at the time.

I've written previously about the symbolic force of cancer in modern poetry, as the body turning against itself, and this book touches upon the disease's poetic elegance — cancer is essentially a "distorted version of our normal selves."

Through the long timeline of breakthroughs in cancer research and treatment, there were several distinct plot points that stood out to me. In the very first chapter, Mukherjee starts off with Sidney Farber and his accidental discovery that using antifolates to treat leukemia patients could send them into remission, albeit briefly. This jump-started a long era of clinical research and clinical trials based mostly upon guesses as to which drugs and treatments to try on patients next.

From the development of extremely toxic four-drug chemotherapy to William Halsted's championing of the radical mastectomy, Mukherjee touches upon the dangers of proceeding with such novel regimens without doing basic scien-

tific research to try to understand the fundamental biological processes driving disease development in the first place.

Moreover, the book also devotes a significant portion of its narrative to detailing the intersection between public policy and scientific research, most notably the Nixon-era "War on Cancer."

For example, something that resonated deeply with me about the narrative of cancer research was the rise of smoking and subsequent increase in lung cancer, which we have yet to experience the worst rates of. I learned about a time punctuated by the public's refusal to believe that cigarettes could cause lung cancer and the tobacco industry's influence over the few attempts at government regulation. This calls to mind some unsettling contemporary parallels for different public health issues.

Most notably, in telling this long story, Mukherjee also details the evolution of the patient-physician relationship. He starts from medicine's origins and moves through vast chunks of the past when paternalistic physicians often had to balance treating patients and using them in clinical trials to test new, possibly fatal drugs or surgeries. *The Emperor of All Maladies* does not try to vilify cancer or glorify the researchers and doctors that have made advances in treatments.

Instead, the author presents cancer as an ancient and persistent mystery that we are still trying to unearth today and uplifts the stories of people who struggle to survive in the face of this disease with courage just as enduring.

Ranking the top four best episodes of Queer Eye



Gillian Lelchuk & Jacob Took
The Gay Agenda

Since it came out two months ago, *Queer Eye* has become a cultural sensation for the LGBTQ community (again). We love that gay shit. We watched every episode, and we have thoughts.

The premise is simple: five gay men invade a Georgia man's life for a week to renovate his home, give him a makeover and show him how to take care of himself. They teach him about skin care, flattering clothes, guacamole and self-acceptance.

Some people like Bobby, the show's design expert. They are wrong. Some people don't like Karamo, the culture expert, and they are even more wrong. Antoni is hot, but pretty useless (food and wine expert, my ass), and Tan, the fashion expert, feels like a check on their diversity quota. That leaves Jonathan, grooming expert, the undeniable fave of the Fab Five thanks to his bubbly personality and gorgeous brunette locks.

We wanted to rank the episodes from best to worst, but we suffer from homophobic word count limitations. Instead, here are our top four:

4. Below Average Joe (S1 E7)

In this episode, the Fab Five help aspiring stand-up comedian Joe build his brand with a hot photo shoot, some fresh threads and a boost of self confidence.

Joe is a sweetheart, and his self-deprecating comedy

is endearing, but this episode is missing a few crucial elements that kept it from making it higher on the list. Namely, Antoni. What the fuck, Antoni? Bobby builds you a kitchen and a minibar, so why don't you use it?

This one is a standout for Karamo, who does a lot to delve into Joe's insecurities about his performances. Joe even makes out with a girl at the bar after his final set, which is gratifying, even though it's quite hetero.

We were charmed by this episode because Joe has one of the best transformations we've seen. It's great to see Joe go from the failing 30-year-old comedian struggling to move out of his childhood bedroom to the confident, sexy guy who ends up dominating the stage.

3. Saving Sasquatch (S1 E2)

At the beginning of the episode, Neal is a guy who lives alone with his dog and his mass of facial hair. He never has friends over and is uncomfortable with both physical and emotional intimacy. The Fab Five brings him out of his shell and out from behind his beard.

This episode is really Jonathan's time to shine. With as much hair as Neal is sporting, he offers unlimited opportunities for Jonathan to try out different looks. Eventually, Jonathan settles on something that suits Neal's reserved personality but still makes him look hot and professional.

We should also give credit to Tan, who gives Neal a bit of confidence after opening up about the experience of growing up with an emotionally distant Pakistani mother. Pushing against

white narratives of queerness is something we're glad to see and expect more of from Tan in the future, because as a fashion "expert," his job is pretty much just buying clothes that fit.

At the end of the episode, Neal hosts a work party in his apartment, which receives a hot facelift from Bobby. Interior design aside, Neal wins us over with his charm (and his cute dog).

Once again, what the fuck, Antoni? Grilled cheese? Come on. Neal says he likes to cook but just doesn't do it enough. Teaching him how to make grilled cheese just wastes everyone's time.

2. Dega Don't (S1 E3)

At first, Cory embodies everything we've come to despise in stereotypical Straight White Men. He's a loud, gross party animal who stockpiles Trump signs in his garage.

Let's not forget that this episode begins with Cory's Police Bro™ friend pulling Karamo (a black man) over just for shits and giggles.

We worried that they would just let this slide after the traffic stop was revealed to be a prank, but luckily Karamo has enough sense to bring it up with Cory later. The two have a heart to heart about police brutality against black people, and it is an incredibly emotionally vulnerable moment.

Woke as this episode is, all Antoni does is lay a couple of avocado and grapefruit slices on a plate. What the fuck, Antoni? You're looking like a snack, but that dish isn't.

Seriously, though, this episode challenges the all-white makeup of the original early 2000s Fab Five by broadening the narrative

about sexuality to include other identities. It's great to see the show using its platform to encourage those conversations.

1. To Gay or Not Too Gay (S1 E4)

Obviously, this is our pick for number one. When we (Jacob) saw AJ come out in that harness, Antoni finally does something we (again, Jacob) can all relate to: He has to get some water to quench his thirst.

But actually, Antoni shines in this episode, and it's not because of the cooking (he literally just steals a recipe from AJ's stepmom). He opens up about how he's uncomfortable presenting himself as a "flaming" gay guy, giving AJ the confidence he needs to finally come out and embrace his true identity.

Karamo is also invaluable, offering his perspective on the difficulty of being both black and gay, something that AJ had been struggling with for years.

In the most emotional moment of the entire season, AJ comes out to his stepmom with a letter to his dead father. Both shed more than a few tears as AJ reads his letter, and his stepmom pulls him into a hug.

This moment gets to the meat of the show. It's okay to be yourself; it's okay to take time for yourself; and it's okay to make guacamole and pretend that it's life-changing.

It's okay to thirst after Antoni while acknowledging that he's the weakest link of the Fab Five. In each episode, they come together to start conversations about sexuality, religion and race that make real differences in the lives of ordinary Georgia men.

Bearing this in mind, we should all appreciate how different (better) this show would be if the Fab Five were all lesbians.

How Adam Rippon has become a source of inspiration for me



Katherine Logan
Guest Columnist

Recently, I'd been feeling paralyzed. Anxiety and indecision clouded my thoughts in a way they never had before.

Maybe it's partly due to the fact that I'm only a couple of months away from entering a new decade, or maybe it's that I've never been someone that thrives in times of uncertainty. A lot of matters that I have absolutely no control over have recently been thrown my way.

Still, I've always seen myself as an independent, strong young feminist who danced to the beat of her own drum. It wasn't until I stepped back to consider the bigger picture that I came to realize the extent to which a lot of my fears centered around the way others would judge my

decisions rather than a place of genuine concern. I didn't want to fail, but more importantly I didn't want to fail publicly.

Just a couple of days earlier, my mom had been talking about a *Good Morning America* segment featuring researchers whose study showed the sharp decline in girls' self confidence and their willingness to take risks compared to their male peers, starting in middle school.

As she was sharing her perspective on their discoveries, it didn't occur to me that they held any value or insight into my own struggle to move forward and to act rather than just keep treading water.

As the week progressed, I continued to ruminate over why I was feeling so stuck. Then I came across a post featuring the Olympic figure skater (and amazing human) Adam Rippon.

Tasked with representing our country in competition and processing the Mike Pence drama that ensued following his openness about his sexuality, Rippon must've felt a ridiculously heavy weight on his shoulders.

Despite this, he didn't let that diminish his confidence in his ability to perform. Rather, he used it as fuel and carried himself with poise and humor.

There's a fabulous tweet from Rippon that reads: "To all those who tweet at me saying that they 'hope I fail', I have failed many times many times in my life. But more importantly, I've learned from every setback, proudly own up to my mistakes, grown from disappointments, and now I'm a glamazon bitch ready for the runway."

If reading that doesn't make you feel like you can conquer the world, then I don't know what else to tell you.

So I settled upon a new decision-making motto: "What would Adam Rippon do?"

As long as I could imagine that he would stand by my actions, I was going to go for it, without shame or doubt. Because while we all can't help but play "the worst-case scenario game," as they refer to it on *This Is Us*, at the end of the day I'd rather have regrets about the chances I took than a bevy of "what ifs" bouncing

around in my head.

So next time you realize that you're living your life based more on ensuring your perceived audience's happiness and approval than your own, I encourage you to find one badass role model (I'll lend you Adam's listening ear if you insist) and choose

them as your final judge.

Then go forward, confident in the fact that you're stronger than you think, your true friends and family will stand by you no matter what, and there's a lot of great art that exists in the world today that was born out of missteps and heartbreak.



DAVID W. CARMICHAEL/CC BY-SA 3.0
Rippon represented the U.S. in figure skating during the 2018 Olympics.

VOICES

Here is the section where you can publish your unique thoughts, ideas and perspectives on life at Hopkins and beyond.

Answers to all of your questions about apps



Ariella Shua
Internet Expeditions

During much of the end of fall semester, I couldn't wait until this time of year. Being inside constantly due to the cold, I was spending way more time on my phone than I wanted to, because anything on there — even just refreshing the same four apps over and over again — was better than walking outside. But by spring, I figured, I'd actually want to go out and lounge around on the Beach (and the few other quads that we have).

As everyone knows, though, except for a few and far between flukes (including, for whatever reason, an 80-degree day in February), it's still not nice enough out to inspire going outside.

While circling between apps recently, I couldn't help but wonder: Why and how did some get so popular?

Here are the questions — and answers, helpfully provided by the internet — that I found more pressing than the questions my professors had assigned this week:

Who created the first apps?

Apps, which are generally described as computer programs that run some kind of function on a mobile device (typically a phone or tablet) existed for quite a while before Apple took over the game. Some trace apps all the way back to 1986, with the release of the Psion Organiser II in London.

The Organiser didn't do much by today's standards. It essentially looked like a calculator but with a letter keyboard instead of numbers. The Organiser had an address database and had text editing software, but it could do very little else.

Apps really exploded in popularity, however, in 2008 — shortly after the release of the App Store through Apple. Released at the same time as the iPhone 3G, the App Store had over 550 offerings, far outstripping anything that came before it. Over 100 million downloads were recorded by September, less than three months after opening.

What was the first mobile game?

The first mobile games differed somewhat from game apps today.

Those of you who recall the days of flip phones — probably everyone, be-

cause contrary to the media's portrayal of our generation, we do remember what life was like before the iPhone — likely remember stealing your parents' phones to play mini games.

Before smartphones, which allow for easy downloading from thousands of virtual options, mobile phones came with several apps pre-downloaded. The first of these was a version of Tetris, found on the 1994 Hagenuk MT-2000.

But the first truly successful game was Snake, released with the Nokia in 1997. Modeled after the arcade game Blockade, the player controls a dot that picks up other dots, trying not to hit any boundaries. Snake can still be downloaded in various copycat forms today, or officially on Nokia phones or Facebook Messenger.

What are the most successful smartphone apps?

In America, it is not surprising to find that Facebook and YouTube hold the top two positions for most popular downloaded apps. All other apps in the top 10 are owned by either Facebook (Facebook Messenger, Instagram) or Google (Google Maps, Gmail), with the exception of Snapchat and Pandora. None of the top 10 seem to be much of a shock.

Looking at the App Store only in the past year, though, the number one position is quite different. Bitmoji was the most popular app downloaded on Apple devices in 2017. Apparently a lot of the Snapchat users like making customizable versions of themselves? (I truly don't know what else a Bitmoji can be used for.)

What are some of the most bizarre apps?

I suppose that the definition of "bizarre" really depends on what each individual person thinks is normal or not. In the past few years, I've noticed that my friends and I have increasingly normal apps on our phones — the only game I have is Candy Crush Soda, and the rest of my downloads are for social media or transportation.

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But the days of Flappy Bird weren't that long ago: the app was deleted in 2014. One strange app that I remember is Llama or Duck? The title describes the entire game, really. Pictures of llamas and ducks appear, and the player just has to click on the name of the animal. That was the entire game. My ninth grade class was obsessed with it.

Weird apps still persist today. The strangest, purely for pointlessness factor, has to be the Nothing app. After downloading, you are given the privilege of looking at a blank space for free (or for \$0.99, if you get the Pro version).

The problems with being a college drop-in



Carmen Schafer
In My Humble Opinion

Despite attending a high school with an on-time graduation rate of 95 percent, one of my best friends dropped out of high school after our sophomore year. While it would usually be inappropriate to divulge someone's personal reasons for not completing their primary education to complete strangers, I think she would be comfortable with me sharing her story, so here it goes:

She was a smart girl. 4.0 GPA. While I was occasionally deemed "a pleasure to have in class," the comments on her report cards were far more adoring and original. On top of that, she was involved in a menu of extracurriculars and was well-liked by her peers.

So, what went wrong? Nothing, actually. She dropped out of high school to attend college early, and she never looked back.

I suppose it would have been more appropriate for us to refer to her as a college drop-in, rather than a high school dropout. And while high school dropouts are not uncommon, two years later I ended up teaching a middle school dropout at Kumon. Dropping out of

middle school was something I found objectively hard to believe.

To preface, "teaching" is a strong word. I could usually grade her calculus worksheets, but if she got less than 100 percent I had to beckon a more qualified tutor over to teach her. After completing the eighth grade, she opted out of high school entirely and went straight to college.

College, supposedly, is "the best four years of your life." I've heard rumors that sometimes people love college so much that they decide to stick around for an extra year or two (or three). Who could blame her for wanting to fast forward life to the good part?

While I can't speak on behalf of my student, as I didn't know her very well, I know this decision wasn't easy for my friend. She dreamed of being a doctor, and attending college early would expedite that lengthy and arduous journey. Her academic and standardized test performance suggested that she was more than ready for college curricula.

However, her hesitation revolved around leaving everything behind. The world doesn't stop for anyone, and neither does high school. The Class of 2017, a group that she had identified with since elementary school, would attend homecoming festivities, football games, prom, graduation and grad night together, with or without her.

Nevertheless, with yang there must be yin, and we would also endure two more years of tumultuous friendships, the grim conse-



PUBLIC DOMAIN

Schafer worries that entering college too early means growing up too fast.

quences of our procrastination, disappointment — in ourselves and others — and, tied for the worst, the College Board and Naviance.

Yet, despite my disdain for these facets of my high school career, when I heard that my student was skipping high school to begin college, the second thing that came out of my mouth (the first being an awe-struck "what") was, "How is she supposed to make mistakes?"

I wasn't ready to go to college when I was 15, let alone when I was 13, because even though I had indeed had my fair share of screw-ups already, I hadn't had enough. And even though I weathered all four years of high school, I still don't completely know how to handle tumultuous friendships; I regularly face the consequences of my poor time management; and I continue to struggle with disappointment.

So while I could have lived without the College Board and Naviance (but preferably neither), considering the amount of times I've already screwed up in

less than one academic year of college, I can't imagine how much more of a mess I would have been if I had dipped before June 8, 2017.

When I said, "How is she supposed to make mistakes?" what I meant is, "How is she supposed to make mistakes before it really matters?" Of course, college students and actual adults alike make mistakes all the time without their lives falling apart. But there's a reason we take practice tests, attend dress rehearsals and conduct trial runs. Because given the option of screwing up with low stakes, why wouldn't you take it?

That being said, this is just my humble opinion, and I know in my friend's opinion, it was the right decision for her. After all, we all grew up at a different pace, and even though I wouldn't have been ready, she was, and I continue to respect and support her decision.

As for my student, while I have no way of knowing how she's doing, all I can say is this: I hope she doesn't look back and regret growing up too fast.

My struggle-filled relationship with carbohydrates



Sudgie Ma
Bone Apple Tea

Carbs are my life. I could eat just carbs for every meal for the rest of my life and be happy. I didn't even know that eating too many carbs was supposedly unhealthy for you until I was talking about dieting with one of my high school friends, who said that she was trying to cut out as many carbs as possible in her meals. It was a rude awakening for me, completely cementing the fact that absolutely everything I ever like eating is somehow unhealthy.

Shortly after that, I started seeing "Low-Carb Diet" videos recommended to me everywhere on YouTube, further ruining my mood, because they were a reminder to me that corporations were spying on my private conversations.

And the more I clicked on these videos, the more my feed started to be filled with these fad diet videos. One of these diets, the "keto" diet, involves eating lots of fats, "adequate" amounts of protein and few carbs.

Personally, the diet

doesn't even make sense to me because it's strange that fats are actually more beneficial to losing weight than carbs are. I've tried to read about the science of it, but it still didn't click. I was in too much denial about the unhealthiness of carbs, and it's not like science ever made sense for me after ninth grade biology anyway. (For that matter, it's not like any STEM field makes sense to me anyway.)

Obviously, not all carbs are "bad" for you: After all, fruits have carbs. However, when I'm talking about being a carb-lover, I'm talking about grains: bread, pasta and rice. I could straight up eat an entire bowl of just rice if you give it a little bit of salt and pepper — no need for meat or vegetables.

The same goes for pasta. However, I've also discovered that nut butter goes well with rice. I've even tried sunflower seed butter with rice, with great success. Then again, I can also eat nut butter by itself. I often eat peanut or almond butter from the jar with a spoon at home when I'm bored.

While I might need a sprinkling of condiments to go with my pasta and rice, though, I can definitely eat bread 100 percent by itself. I'm talking even a plain slice of white bread. A baguette can serve as breakfast by itself for me. Last semester, I slept over at a friend's apartment and

started eating a baguette with her boyfriend for breakfast. He got some olive oil to dip his bread in, which I also partook in, but I could've eaten it alone.

The texture and fluffiness of bread is what I especially love. Unlike pasta and rice, I can just tear a loaf of bread however I want. I can get a small piece, a large piece or whatever.

Meanwhile, pasta and rice are already in certain shapes. It's an oddly specific thing to like about food, but tearing into a loaf of bread gives me a great feeling. Maybe it's got to do with the inner savage and violent tendencies in me that have to be satisfied. Do I take out my anger and stress on my food? Honestly, the more I think about it, I probably do. I like digging my spoon into hardened ice cream. It actually annoys me when it's too creamy and soft and easy to scoop. I even use a fork to eat my ice cream with some-

times, even when I have spoons available to me.

Eating carbs is generally full of adventure for me. I also love crackers and cereal. Munching on crunchy items really makes me feel like I'm doing something even when it's something as simple as snacking.

This is also why I don't even mind when my bread is hard. It'll be bad for me when I am older and my teeth are weaker, but I love having to exert some energy with each bite. This eating habit of mine is also probably why I tend to grind my teeth so much. It actually got to the point where I developed some minor jaw issues because I was unconsciously grinding my teeth in my sleep. Why? The orthodontist told me it was probably due to stress. More specifically, though, it's probably because I was eating bread in my dreams.

I'm never going to give up carbs.



PUBLIC DOMAIN

Ma enjoys eating carbs so much she can even eat pasta and bread plain.

Editorials

Our SGA needs real influence over University decisions

This year’s SGA executive election is essentially uncontested. Three out of four positions have a single candidate running, and only two candidates are running for the position of Executive President. The New Horizons ticket — comprised of Noh Mebrahtu for Executive President, AJ Tsang for Executive Vice President, Mi Tu for Executive Treasurer and Aspen Williams for Executive Secretary — is currently running against Jessup Jong, who is vying for Executive President.

After speaking with all the candidates, we are pleased that they are all passionate about the wellbeing of the student body and shaping the direction that the school can take in the coming years. That being said, we fully endorse the New Horizons ticket.

Mebrahtu, Tsang and Tu are all incumbent candidates. They bring valuable experience from their years in the SGA, which they will apply to the next term. Williams, though currently a freshman senator, has shown initiative in the past year, working on legislation that addresses student concerns such as gun control and smoking on campus. Collectively, New Horizons brings forth a message that is ambitious but also realistic.

Their platform is well-researched and touches upon prevailing issues on campus like mental health, administrative accountability and academic support. For example, New Horizons aims to create a requirement for faculty and staff to attend mental health training sessions and to require the University to publish an annual breakdown of its expenditures. They are also well aware of stalemated conversations that they have had with the administration, and that some SGA senators have been growing more apathetic in their roles.

We recognize that Executive Presidential candidate Jong has actively solicited input from students during his campaign and is very invested in instigating change. However, Jong lacks the experience or in-depth knowledge of SGA and the University that Mebrahtu does. Furthermore, his only policy plan is to create conversation among the student body, and he lacks concrete strategies to reach his outlined goals. With these considerations in mind, we believe that New Horizons will be the most qualified ticket to serve on SGA’s Executive Board for next year.

We are well aware that they are essentially the only available candidates that we have to endorse. Over the past year, this SGA has pursued ambitious policies and New Horizons plans to do so again. We applaud their initiative, but we are concerned that the SGA as an organization can only do so much for the student body, regardless of who’s leading it.

We believe there are deep systemic limitations on the powers of our current SGA that thwart achieving such ambitious goals. Though it represents the student body, the SGA has little say in how our University administration treats us — the student

body. We have heard our peers say over and over, “What does SGA even do?” Given its current setup, the organization cannot do much.

SGA Senators can pass a resolution or allocate funding to a student group. But when the University makes a decision — whether it is about covered grades, fossil fuel divestment or private police — it does not have to act on SGA input, let alone consult the SGA at all. The New Horizons ticket acknowledges this problem and their solution is to generate grassroots support among students and faculty. However, we urge them and the rest of us to think broader. If we want students to have a voice in what our University does, the current system must change.

The powers that be

Over the past year, SGA has been a voice for students and has taken a more active and creative approach in trying to solve student issues. However, our student government ultimately has no direct influence in University decisions.

As New Horizons admitted during our interview with them, the greatest power SGA has is to generate publicity around an issue or help students organize. Currently, SGA’s only real authority lies in governing student groups. Since SGA has no actual influence over the University’s decisions, many students and administrators regard them as though they are a high school’s student government.

The way the current system is set up, SGA can convey student views to the administration, but the administration is under no obligation to listen. The University does not seek student approval before enacting policies. Instead, the burden is on us as students to convince the University that our ideas matter. We should have elected student representatives who are able to hold the administration accountable.

One of the primary purposes of the University is to serve its student body. Our tuition pays administrators’ salaries, so we should have a voice in decisions that affect all of us. We realize that there are many administrators who work tirelessly to help provide a voice for student ideas, and we appreciate their hard work. However, administrators often hide behind their bureaucracy to ignore student propositions with which they disagree, often claiming to not have the authority to enact those ideas and referring those students elsewhere.

New Horizons brought up the point that certain members of the administration never leave their offices and understand little about students’ daily lives. We demand a meaningful voice — a seat at the table. We deserve that from an institution that plays a huge role in our daily lives.

A real voice

This year’s SGA has done its best with the resources available to it. But to do more,

we call upon the student body to redefine how we are represented in the University’s decision-making processes.

Where is the real power at this University? It lies with the Board of Trustees. Placing a Student Trustee on the Board would create a direct line for student influence. Instituting a referendum procedure, through which all students would be able to vote directly on issues, would also be a tangible way to incorporate student input into the decision-making process.

This is not a crazy idea — other universities have students on their Boards of Trustees. At Duke, for example, Anna Knight was elected to serve on the Board during her senior year and continues to serve this year as a graduate student. At Cornell, junior Dustin Liu was elected for a two-year term. At Purdue, junior Daniel Romary was appointed to serve until the end of this year. Furthermore, nearly a quarter of the University of Massachusetts’ Board are students. If Hopkins followed this model, whenever the Board of Trustees makes a decision, students would actually have a say.

We recognize that having student trustees among many other Board members would not be a complete fix of the lack of student representation at Hopkins. Nevertheless, we believe it would be a step in the right direction.

Additionally, the SGA needs to have more of an active “student union” role with greater collective bargaining power. Looking to universities in Europe and their student governments, we can see that they give students more of a voice in university affairs. For example, the Edinburgh University Students’ Association (EUSA) is the oldest student union in the United Kingdom, and enjoys a “constructive relationship with the University of Edinburgh.” Students who are elected representatives to the union sit on all major bodies and subcommittees at the university.

Similar to the EUSA structure, the SGA should have more influence over the University’s decisions. The SGA at Hopkins currently cannot force the University to consult students on issues that are of pressing concern to us. For example, while the SGA passed its 2017 resolution in support of Refuel Our Future’s fossil fuel divestment campaign, it did not have the power to work closely with the University to change how the University invests its endowment. This lack of power hinders the successful representation of student voices in University decisions.

These examples are few among many that illustrate how we can improve student representation at Hopkins. No solution is perfect and we do acknowledge that our aforementioned ideas may seem ambitious now. But we encourage next year’s entire SGA and our fellow students to begin this conversation about how we can all have a real voice at Hopkins.

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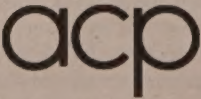
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OPINIONS

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Don't dismiss passions outside of your major

By JACQUI NEBER

In my four years as a Writing Seminars major, I was often asked if I would double with something else. The answer was always no — I reveled in my specific coursework, thought the Writing Sems requirements were broad enough and thought that nothing else was so compelling that I should devote more time to it than a few classes. I also didn't love the implication that I needed to add a second major for practicality purposes. I was determined to be just Writing Sems, in all its glory.

Now, naturally, at the end of my senior year, I wish I hadn't been so narrow minded. I took plenty of classes outside of my comfort zone and fell in love with a few specific topics: the study of how slavery is portrayed in film, which I spent three classes exploring; how authors express trauma and healing in novels written after 9/11; the intersection of humanitarianism and journalism. That last class in particular, which I'm currently in, has changed the type of journalist I envision myself becoming.

I took all the classes required of Writing Sems and more. I took classes outside my personal bubble of familiarity. It's not like I didn't do that, which is why missing that final piece of double majoring or concentrating in another field is so infuriating. I'm mad at myself for not taking my love for a new subject one step further. I realized my mistake too late.

Part of the attraction of a major like Writing Sems is that the requirements are broad: We have to take our writing classes as well as

explore English, history, philosophy, natural and social sciences and a foreign language. Taking courses in areas they've never explored is where many students get the inspiration to double: They take something, love it and just keep doing it.

If I could go back, I'd take some of the courses I'm in now earlier in my college career. I'd double in public health, international studies or sociology. This would allow me to go into the job search with a specific strength that could be marketable, usable and beneficial in the context of what I want to cover as a journalist. Most importantly, doubling would have opened doors into courses that would've added substantially to my knowledge of subjects I realized I was passionate about. It would have allowed my four years to be even more intersectional.

I'm not insulting Writing Sems — that would be cruel and just not an accurate representation of how I feel about my four years at Hopkins. I love my major. It's helped me discover what I want to do for the rest of my life. My ability to write both fiction and creative nonfiction has grown into a way to understand myself and others; to process things I don't understand yet; and to explore new mysteries and find their answers. I've met some incredible professors that are still my allies and advisors, even if I was in their classes years ago. I came to college to write, and I did that, and I'm proud of the work that I produced.

Writing Sems gave me the ability to do what I came here

to do, learn how to do it better and discover interests that might shape my career. Its broad requirements are exactly what pushed me to go outside my comfort zone, and I have the major to thank for introducing me to all of the classes and topics I mentioned above. Through Writing Sems, I have new passions to develop after I leave college. Medical humanitarianism, for example, has pushed me to consider specializing in investigative journalism that concentrates on covering social injustices in the humanitarian sphere. I was already passionate about reporting on social injustices before, and now I have a new interest with which to shape the path of my career.

I love Writing Sems and can't thank it enough. But if you're just starting your major and you're beginning to take classes outside of your comfort zone, don't dismiss the classes that you find yourself loving. Don't end the class and end your interest. You never know which class could lead you to another in the same vein or to a professor who's willing to take you under their wing in a new field or a new passion. Don't get caught up in thinking double majoring is too difficult (it's hard, but it's possible). I learned all of this the late, and hard, way. I can't wait to specialize in another field alongside writing when I eventually go to journalism school, but I wish I'd done so more concretely at Hopkins.

Jacqui Neber is a senior Writing Seminars major from Northport, N.Y. She is the Opinions Editor.

Actors shouldn't be forced to share #MeToo experiences



FLICKREVIEWR//CC BY SA 2.0
Sophia Bush defended Hilarie Burton against EyeCon, but she shouldn't have had to do so.

By CATHERINE PALMER

Last fall, in the early days of the #MeToo movement, *One Tree Hill* creator Mark Schwahn was accused of sexual harassment in an open letter signed by 18 women in the cast and crew of the show. Among the accusers were stars Hilarie Burton and Sophia Bush, who played best friends Peyton Sawyer and Brooke Davis, respectively.

In an interview with *Variety*, Burton detailed years of mistreatment that included repeated unwanted advances, groping and assault. She left the show when her contract was up at the end of season six but lived with "crippling" fear of encountering the same situation somewhere else.

"I never wanted to be the lead female on any show ever, ever, ever again," she said.

Burton has continued to be supportive of *One Tree Hill* for fans, though, by attending conventions with other cast members. She and Bush had been scheduled to participate in next week's annual EyeCon event, which is hosted in Wilmington, N.C., where the show was filmed.

Burton came under fire last month, though, when she tweeted that she would no longer be attending on account of the event's proposed theme: women's empowerment (i.e. a discussion of the actors' experiences with Schwahn).

"I will not be attending any EyeCon events. Ever. I personally feel exploited by their 'girl power' angle, which exists at the expense of some of us who went through a difficult time on that show. They're using our sisterhood as a sales gimmick. No thanks," Burton wrote.

EyeCon staffer Courtney Collins immediately fired back, claiming Burton was being unfair. "I'm offended by @HilarieBurton bashing EyeCon like that. I myself have been through plenty of things you will never know about... I'm SO glad we are focusing on women empowerment this upcoming con," Collins wrote.

EyeCon echoed the sentiment on their official account.

"She doesn't know us, and she doesn't know that some of our staff has had experiences too, it is unfair of her to judge our stories as unworthy before we can even tell them," the organization wrote. "We aren't taking advantage. We have our own personal reasons for wanting to do this convention. Bringing us all together in one place. We think that's beautiful."

Bush quickly came to her co-star's defense on Twitter and brought a crucial point to light. According to Bush, Eyecon purposefully waited to announce

the theme until after actors had signed on to attend.

"They didn't ask a single one of us if we'd feel okay focusing a convention, which is dedicated to the show on which many of us were harassed or abused behind the scenes, around those very issues and thus offer an expectation to all fans and attendees that we would be discussing these past violations and focusing on issues that none of us want to be forced to relive in meet and greets and photo sessions," Bush wrote.

Bush also bashed Eyecon's decision to publicly attack Burton, citing it as her primary reason for joining Burton in backing out of the event.

"You came for my sister. That's the most anti-women-support-women action I've seen. So yeah. This is me officially saying I'm out too," she wrote.

It was heartening to see Bush stand up for Burton, but it should not have been necessary. It was wrong for Eyecon and Collins to go after Burton in the first place, but they also completely missed her point.

Burton wasn't "judging [staffers'] stories as unworthy," she was rightfully judging the organization for assuming she would be willing to share her own story at the convention.

Actors do not owe fans their #MeToo stories. Burton, Bush and Schwahn's other accusers did bravely share them in the open letter. Burton also shared hers in the interview with *Vanity Fair*, but that does not mean she is under any obligation to share it again, ever.

It is shameful that EyeCon thought the way to empower women would be to force them to relive some of the darkest moments in their lives, period. It is even more shameful that they wanted to do so for the benefit of fans, who now feel uncomfortable watching the formerly beloved series, as Bush noted on Twitter.

"[EyeCon] made an announcement without thinking of any of the women of *One Tree Hill* for a second. And now they are defending themselves by saying that Mark took advantage of them too? That he ruined their ability to watch a show which felt like their safe space. Well it HAPPENED to us," Bush wrote.

Actors are people, just like fans. Their traumas should not be viewed as some kind of inconvenience. It is not their job to make shows like *One Tree Hill* feel palatable again. It is the job of fans to not be so selfish as to have that expectation.

Catherine Palmer is a senior Writing Seminars major from Norristown, Pa. She is a Managing Editor.

Publishing must stop prioritizing male writers

By JACOB TOOK

Recently, my friends and I went to a reading at which five finalists for a literary award presented some of their work. Three of these finalists read snippets of fiction, and the other two read selections of their poetry. Four of these finalists were women, with one man standing among them.

Two women started off reading poems, and then another read selections of her fiction. All three were clearly strong writers, and I wouldn't have questioned why they had all made it to the final round of consideration. They set a high bar.

Then, this man stumbled up to the stage and pushed the bar all the way down to the floor.

For starters, he acted out the reading in the most childish way possible. But I'll ignore that. More importantly, the quality of his prose was appalling. While the women who read before him had clearly spent hours carefully choosing each word, he could have slapped his work together a few minutes before the reading started.

To be clear, it wasn't just that I found the content of his prose disagreeable, although I did. It was basically a real-life fanfiction self-insert about how he fell in love with some racist biker girl who he could not have objectified any more if he had tried (I think every other sentence was about how big certain parts of her were).

But also, just the quality of his writing was cringeworthy. It really read like something an angry

high school boy might have posted to a Reddit thread after getting rejected by his crush, except it went on for pages and pages.

It got me thinking: Why was he able to stand there alongside those powerful, talented women and read such utter bullshit?

This is a problem that comes up all the time in literature. Studies have shown that publishers tend to favor manuscripts with male names over those displaying female names. Men are used to the low standards that they've created for themselves through their domination of the industry.

We need to stop rewarding men for their mediocrity, because at some point they just get in the way. If it had been an open mic, I would

not be complaining. Sometimes, people just need a place to debut some unrefined work.

But this was not an open mic. These were all finalists for the same award, and this intolerably

weak writer probably took that finalist position away from someone who deserved it just because he's been able to coast by on his poor writing for his entire life.

Of course, this reflects a larger problem that pervades a lot of industries — and society in general. Women have to be much better than their male counterparts to get the same recognition, and it's time for that to change. Whether they are lazy, drunk or just plain bad, every man who gets undeserved recognition takes that recognition away from someone (read: some woman) who is more qualified.

The same can be said of many male-dominated industries. The women in these industries must push themselves far beyond anything their male colleagues can imagine. They work harder and

longer and produce better content, but the men in the industry will act as though they should be happy with a fraction of the recognition.

I will admit, seeing four women and one man nominated for an award is great. But think about how much harder those women had to work, how much better their writing had to be, just to be published in the first place.

Saying that women shouldn't have to be twice or five times as good as men to get the same recognition is fine, but that takes away from the fact that they are out here producing some amazing content.

Instead, let's stop rewarding men for their mediocre work, and let's shift the industry standards to reflect the quality that the minority of female writers are producing.

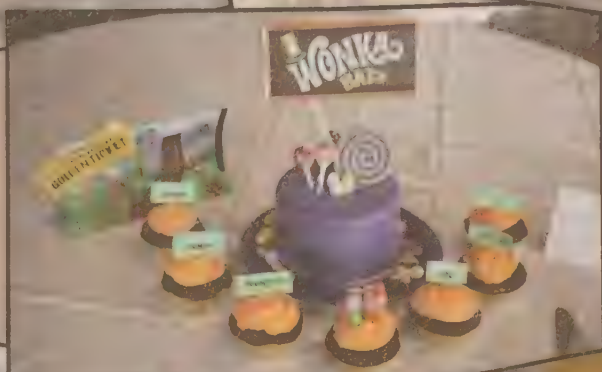
Publishers need to get their shit together and stop prioritizing manuscripts from men. Whoever was judging the submission for that award needs to reevaluate the candidates closely, as do the judges for awards all over the world who are more likely to favor a man's manuscript just because it has his male name on it.

At Hopkins, we need to stop favoring male writers in Writing Seminars classes, adding Mary Flannery O'Connor as an afterthought and then acting like we've put together such diverse syllabi.

It has become increasingly clear that men can get by on mediocrity, while their female counterparts are held to impossible standards, and we have got to stop allowing this.

Jacob Took is a sophomore Writing Seminars, English and Russian major from Denton, Texas. He is a News & Features Editor.

PHOTO ESSAY



For the voracious readers among us
By Drake Foreman



THE B SECTION

YOUR WEEKEND • ARTS & ENTERTAINMENT • CARTOONS, ETC. • SCIENCE & TECHNOLOGY • SPORTS

APRIL 12, 2018

Arts & Entertainment

JHU Barnstormers perform annual spring musical, *Pippin* — B3
 Sheridan Libraries host fifth annual Edible Book Festival — B3
 Charm City Stories releases its first annual publication — B5

Science & Technology

Study correlates circadian rhythm with students' success — B7
 Scientists find black hole cluster in center of Milky Way — B8
 Low-fat low-carb diets are both solutions for weight loss — B9

Sports

W. Tennis sweeps Conference rivals Gettysburg & Muhlenberg — B10
 M. & W. Track & Field take first place at Blue Jay Invitational — B12
 Baseball sweeps McDaniel and Muhlenberg in three games — B12

YOUR WEEKEND APRIL 12 – 15

Events in Baltimore this weekend

Thursday

Bingo & Beer

Monument City Brewing Company

5 p.m. - 8 p.m.

Come enjoy this free game of Bingo while sipping on beer from MCB. Play your (Bingo) card right and you may walk away with some great prizes. Bring your own dauber, or get one for \$2.

Friday

Game Night

Zeke's Coffee

5 p.m. - 9 p.m.

Play a few games at this second Friday event, hosted by Zeke's. A variety of board games will be provided, or you can bring your own. The kitchen will be open until 8 p.m. with Game Night specials.

Drapetomania: A Strong Urge to Escape

Waller Gallery

6 p.m. - 9 p.m.

This exhibit explores what Drapetomania — the medical diagnosis once given to enslaved Africans who attempted to escape plantations — means in the modern day. Join Baltimore writer and photographer Nia Hampton as she uses photos to highlight her own Drapetomania as she left the U.S. for Brazil.

Saturday

Free Yoga

Mount Vernon Place United Methodist Church

8:30 a.m. - 9:45 a.m.

Bring your own mat and water bottle to this yoga session hosted by Mount Vernon Place Conservancy.

Shrunkn Head

The Ottobar

8 p.m.

Check out this show, also featuring performances by Coffin Daggers, Quattracenta, The Bali Lamas and The Phantom Killers. \$8.

Sunday

F*** Your Work Week

The BIG Theater

7 p.m. - 8 p.m.

Spend your Sunday night getting a few laughs in at this improv comedy show before heading into another week of work. \$5.

Light City Baltimore, an illuminating experience

By RENEE SCAVONE
Your Weekend Editor

As we look forward to a high of 80 degrees this Friday, I can finally say that the springtime I've been preaching as just around the corner for the last 40 articles is actually here.

One of the beacons of spring in Baltimore for me, regardless of the weather, is Light City.

Light City is a festival dedicated to light, music and innovation. It has a number of music acts and talks you can attend, but, of course, the main focus is on the many light installations throughout all of Charm City.

It takes place mostly in the Inner Harbor, and I can say without exaggeration that it's absolutely wild. To paraphrase an oft-parodied SNL skit, it has everything: glowing Ferris wheels, people wearing hula hoops, a 10-foot-tall light-up octopus with moving tentacles...

There are 21 light installations in total, and a really cool light-up bridge walk that I take roughly 300 photos on every year.

The festival starts off officially on Saturday April 14 with its 8 p.m. Opening

Night Parade. Throughout the parade there are pieces of art that use light, as well as dancers, neighborhood groups, stilt walkers and local marching bands.

The parade also features *Fireflies*, 27 pedicabs (those bicycle drawn carriages) designed and hand-crafted by Cai Guo-Qiang. If you want to explore Light City but worry about its accessibility, definitely check these for-use carts out.

You may also bump into performers of *Alien Nation II*, dressed in costumes befitting extraterrestrials. Their glowing attire tells a story of the struggles of impending climate immigrants around the world.

Less serious is the Baltimore Drone Prix, a series of races wherein drones navigate illuminated obstacles on a course at Rash Field. Championship rounds will take place on April 15, and the event is free to the public.

And don't miss *Feel*, an exhibit within the Bromo Seltzer Arts Tower. With multiple live-in artists, the Tower is a great place to visit all year round, but resident Sean Michael Kenney specially designed three installations that incorporate light, lenses and reflec-

tive materials to make art in otherwise empty spaces.

For something a little more weird and quintessentially Baltimore, you can check out the Nevermore Haunt in Old Town. This haunted house is billed as "locally inspired, historically themed, and scary as hell" and has the added bonus of having Evolution Craft Brewing on tap.

To sweeten the pot more: There's a complimentary shuttle to the Nevermore Haunt from the Baltimore Visitor's Center, which means not having to deal with pricey Saturday night Ubers.

Speaking of priciness, if there's one thing you're really trying to spend mad money on (read: more than \$15), make it the Light City Cruises. At \$27 it's definitely an investment, but you can see all of the lights displayed in the Harbor and enjoy light-up beverages.

How do the drinks light up? Unknown. Probably worth finding out.

Though they are definitely not the stars of the show, you should still check out the music and other parts of the festival.

One neat aspect is the Labs@LightCity talk series. Starting next Wednesday,

there will be a number of presentations on innovation in education, the fight against climate change, creativity on a social level and more.

Tickets are supposedly valued at \$250 but are being offered as pay-what-you-can; definitely take advantage of this great opportunity.

There are also tons of concerts and DJ events. One of the biggest surprises for me on the performances itinerary was legendary hip-hop artist and Rock and Roll Hall of Fame inductee Grandmaster Flash. You can check him out at 10 p.m. on Saturday.

I'm also always excited to see the end of the festival fireworks display. The fireworks go off at 11:45 p.m. next Saturday night, and you can watch them with the peace of mind that comes from knowing that they weren't bought using your tuition dollars.

(Hopkins Parents Fund, I kid! Please don't come after me on Facebook!)

You will also probably encounter dozens of Happy Hours, dance parties and outdoor neighborhood festivals.

This weekend in particular I am looking forward to Fell's Point Light Festival. From 5 p.m. to 9 p.m. on Saturday and Sunday there will be live music, drinks and snacks, and light displays from local artists. You can also check out their storefront decorating contest.

And yes, I had to dig through a lot of events promising to be "lit" for this article. I'm neither proud nor happy.

Light City began in 2016 and this year over 500,000 visitors are expected to come visit. Whether this is your last spring in Charm City or your first, celebrate this wonderful tradition and let Baltimore light up your life.



MARYLAND GOV PICS/CC BY-SA 2.0

A photo of the Harbor from the inaugural Light City; there are sure to be more great photo ops this weekend.

Brunching through B'More: Boathouse Canton edition

By RACHEL CALLAHAN
For The News-Letter

When asked to write a column about my weekend, my first thought was that I had little to nothing to write about. My dreams of endless excitement during Senior Spring have largely devolved into evenings spent eating ice cream and watching National Geographic with friends.

That being said, the only aspect of my social life that continues to thrive (read: exist) is my commitment to brunch. It's early in the day, low-maintenance, and can involve either coffee or alcohol, which basically makes it a perfect meal.

Despite having thought that I'd tried every brunch in the greater Baltimore area, a new place came up this weekend.

A friend of mine made plans for a group of us to get brunch at The Boathouse, and I realized that the scope of my brunch knowledge was way more limited than I thought.

The Boathouse Can-

ton Waterfront Grille (yes, that's the full name, according to Yelp) is a New American restaurant tucked away in Canton. It's right on the water, as the name suggests, next to the Canton Waterfront Park.

It's definitely a drive from campus, and I would recommend sharing an Uber, but it's also accessible via the Circulator. Just take the Purple Route downtown, walk over to the Green Route stop and take that to its Fleet Street stop. From there, it's about a 15 minute walk east to the restaurant.

(It's probably easier to just take the Uber.)

It's a somewhat unassuming brick building, which is not unusual in Baltimore, but the inside is surprisingly spacious and light-filled. Even though we were seated in a corner, there were so many windows and levels in the restaurant that it felt like we were right in the middle of things.

There was an extensive and beautiful patio and outdoor seating area,

along with a partially enclosed seating area. If winter weren't endless this year, it would have been a great place to sit and enjoy the view of the harbor.

I typically judge brunch based on one of two things: coffee or mimosas.

Since I am still a Hopkins student and needed to get a few things done after brunch, I could only judge the coffee (although they do have bottomless mimosas for \$15 with the purchase of an entrée). The coffee was excellent and not burned, which either means it was delicious or that I have lower coffee standards than I thought.

We started with an order of the French Toast Dippers (\$7), which were French toast sticks coated in cornflake crumbs and served with raspberry cream cheese icing.

As someone who typically does not like sweet breakfasts, I still thought they were incredible. They were the perfect combination of sweet and savory, and they were portioned well so that we all had

room for our meals.

For my main course, I got the Chicken and Waffles. This was my first time ever having chicken and waffles together, so I can't judge the combination based on past experiences, but I can judge them individually.

The chicken was served in tender form, which I've been told is atypical, and was perfectly cooked.

The waffle was light and delicious. I typically like a denser waffle, but it paired perfectly with the chicken.

The meal was served with maple syrup and a choice of barbecue sauce, honey mustard or ranch.

In total my entrée cost \$14. Again, I've never had them before so I can't weigh in on the cost, but they were delicious and I had enough left over to eat them for dinner as well, which felt like a great deal.

Overall, the Boathouse was a bit of a hike but worth the trip. And I will definitely be going back for those mimosas.

ARTS & ENTERTAINMENT

The Baltimore Farmers’ Barnstormers bring their unique energy to Pippin

Market returns for spring

By JESSE WU
Staff Writer

Wow. Another farmers’ market. I’m not sure what to really write about this one. I sort of used up my one farmers’ market bit for last week’s article. This is kind of awkward.

The Baltimore Office of Promotion and the Arts (BOPA) hosted its first Baltimore Farmers’ Market & Bazaar of the year last Sunday, April 8 beneath the Jones Falls Expressway at the intersection of Holliday Street and Saratoga Street.

This one was about twice the size of the 32nd Street Market, hosting many of the same vendors alongside other local businesses and organizations. This time, we visited Dangerously Delicious Pies, Zeke’s Coffee and Ekiben.

If I’m being completely frank here, I’m a freakin’ hot dog. But if I’m being a little less frank than that, we didn’t actually consume the pie until a preposterous eight hours after the end of the market! I know it’s going to take a lot for all two of you loyal readers to forgive me, but please do and read the rest of the segment on pies: *Segment on Pies*, my debut album.

The blackberry pie was so delicious! The sweet oat and nut exterior balanced well with the fruity interior. The blackberry pie filling itself was a nice combination of sweet and tart, not overwhelmingly either, but giving the pie a sturdy structure. The only complaint I have is that the outside could have had a slightly crispier texture. I was about to buy up the entire stock: These pies are seriously, gravely and dangerously delicious.

Zeke’s Coffee is just always a hit. Their Market Blend is a classic. I drink it every single morning in Biomaterials. I bought a bag of Shot Tower Espresso Blend, which came with a free cup of coffee. My ego had already been hurt by an unfortunate midterm score, so I chose the light roast of the day which was their Hippie Blend. The Hippie Blend gave off a bit more of a green, fresh plant taste, but it was still highly enjoyable for me. I look forward to trying out the Shot Tower and to future events featuring Zeke’s Coffee, which is locally roasted in Baltimore.

I have seen so much of Ekiben from local blogs, specifically *Choi Sauce Boss*, who posts about it constantly on the blog and Instagram, and it always looks so good. I had a macro freakout when I saw their stall at the market. I think my freakout reverberated throughout the entire farmers’ market, because once I got in line for the awesome-looking bun, the line started growing exponentially like the mass loss of an amorphous polymer undergoing bulk degradation or the solution to a linear differential equation with a positive root.

They were selling curry fried chicken bun sandwiches with dressed cucumbers, chopped cilantro and *sambal* mayo. They did an amazing job of combining foods from different cultures and making something completely new and beautiful from it. The bun itself was a Chinese style *hua juan*, pure white and soft like a pillow in your mouth. It’s so amazing seeing the Chinese *hua juan*, the Indonesian *sambal* sauce and the South Asian curry all made so accessible by the familiar (arguably American) experience of a fried chicken sandwich.

Other vendors were selling flowers, fresh produce and meats, but I don’t have the time or the housing situation to buy any of them, so I’ll just skip that for now. Damn the AMR I cooking amenities; that’s what I call kitchen situation.

Alright, I guess I had a surprising amount to say about the farmers’ market this week and the article was warranted. Anyway, I got a blog post to write and parents to disappoint, so I’m going to be done.

For those of you who want to check it out, the Charm City Circulator runs from the Homewood Campus at 33rd to Saratoga, and it’s just a few blocks from the stop to the market. The market hours are every Sunday from 7 a.m. to 12 p.m.



COURTESY OF CLAIRE EDMONDS
Mehdi El-Hebil played Lewis in the Barnstormers production of Hirson and Schwartz’s *Pippin*.

By SARAH SCHREIB
Senior Staff Writer

The Barnstormers premiered the first of six performances of their spring musical *Pippin* last Friday, April 6. The musical, written by Roger O. Hirson and Stephen Schwartz in 1972, tells the story of Pippin, the son of Charlemagne, who goes on a journey to find fulfillment in life. He is surrounded by a troupe of performers — the Players — headed by the charismatic Leading Player, who guide Pippin along his tumultuous path of dramatic battles, sexual awakening, family betrayal and love.

The musical numbers, including the well-known “Magic to Do,” were grand and energetic and often brought the Players into the aisles. The show also presents a range of skills and tricks, from miming and ballet to puppetry and guitar.

In addition to the music and the spectacle, the most

notable element of the show is the performances of the central characters. Junior Sophia Diodati, who stars as the Leading Player, is captivating in a role that requires bold and highly skilled singing, dancing and acting. Diodati previously starred in the student-written musical *Plus Sign*. This is her first Barnstormers production.

In an email to *The News-Letter*, Diodati described her experience analyzing, researching and ultimately performing this complex role.

“This character has absolutely been the most challenging role I’ve ever had the opportunity to take on. While exteriorly she seems whimsical and mysterious, she ends up being far more calculated, conniving — even sinister — than what one assumes,” she wrote. “What makes her so difficult to unpack is the fact that she is human and I wanted to play her as humanly as possible, which

you away from the spectacle of ‘the play within the play,’ and it’s not until this moment that the Leading Player truly reveals her most honest self,” she wrote. “What I love most about the Leading Player is her passion for what she believes in. It becomes quite evident by the end of the show that this play that her troupe presents is truly her life-blood.”

Sophomore Sebastian Durfee, who also performed in the Barnstormers production of *Spring Awakening*, stars as Pippin. Durfee brings a nuanced sensibility to the

role: Pippin is at once scholarly, innocent, passionate and deeply unsatisfied. He elaborated on his process of preparing for the titular character in an email to *The News-Letter*.

“Pippin was a tough role to really get a handle on, because the show spans so many topics and emotions that you can’t spend too much energy in one place or you’ll find yourself falling behind everywhere else,” he wrote. “The part has its fair share of comedic as well as emotional moments, which meant that much of my work throughout the process depended heavily on the reactions and opinions of my peers — it involved a lot of just trying things out and seeing what worked.”

Pippin also marks the final performances for many Hopkins seniors who are graduating from their Barnstormers careers this spring. Senior Allie Zito, a member of the Players, has been involved in the Barnstormers since her freshman year both on and off stage.

Zito reflected on what she has learned throughout her four years in Hopkins theatre.

“I have learned that every single person brings something important to the table,” she wrote in an email to *The News-Letter*. “There is also a place for every type of person in the theater community, no matter what interests you. Also, through theater, I’ve learned that it’s okay to get lost in another world for a little while. Life at Hopkins is tough enough; giving yourself a release it absolutely necessary.”

Zito also remarked on what she hopes audiences will take away from seeing the production this season.

“I hope we make audiences think for a moment. I hope that people are able to enjoy the magic and embrace the moral of the story. Most of all, though, I hope that we give you the chance to escape from your ordinary lives into the extraordinary world of Pippin,” she wrote.

Durfee echoed Zito’s thoughts on the role of both surface spectacle and deeper messages in the show.

“I hope audiences go into the show expecting to be entertained and emerge having been given so much more,” he wrote. “That’s what’s so incredible about Pippin — it’s a spectacle, it’s enjoyable and fun to watch, but it also has so much to say, so much that you can take away. I hope audiences can leave the show thinking, ‘Huh. Now I have to reevaluate my own life.’ That’s the goal.”

The final performances of *Pippin* will take place in the Swirnow Theater, from April 13 through April 15.

**BARNSTORMERS
PRESENT:
PIPPIN**

**Director: Claire
Edmonds**

**Music Director:
Erich Rausch**

**Choreographer:
Samantha Albstein**

**Producer: Gillian
Lelchuk**

**Stage Manager:
Shireen Guru**

Fifth annual Edible Book Festival is a literary treat

By AMELIA ISAACS
Staff Writer

Walking into the Glass Pavilion at noon on April 6, I suddenly realized exactly what I had signed myself up for when I enthusiastically volunteered to cover the Sheridan Libraries’ fifth annual Edible Book Festival.

Of course I was aware that I was going to enter a room full of people and cakes and other baked goods, but what I did not realize was that the reason there were over 200 people there was because they were going to eat the food.

Don’t get me wrong, they were there to look at

and admire all of the artistic creations as well... But they were also (mostly) definitely there to eat. Walking up to one of the tables, I saw knives next to the cakes, and it was at that point that I realized my fatal mistake: I’m very allergic to dairy. I cannot eat cake.

It may seem blatantly obvious to everyone else that the reason people would attend an Edible Book Festival would be to go and actually eat the creations, but I have to admit that this hadn’t even crossed my mind as a possibility.

I thought that the festival would be kind of like *The Great British Bake Off* in real life (or *The Great*

British Baking Show to you heathen Americans) and that I would get to see a bunch of amazing edible creations.

Anyway, all this is to say, I do need to issue a “disclaimer” before I go any further: Any opinions about the taste of any of the cakes (or other edible creations) are not my own, and I’m not going to write a lot about the taste anyway because, let’s be honest, how much fun is it to read about how good something tastes if you don’t get to eat it afterward? Let me tell you from experience, specifically the experience of being told how good everything

tastes in a roomful of 20 different cakes, cupcakes, chocolates and caramels: It’s not that fun.

That being said, I was still extremely excited to see two of my favorite things combined in one event: books and baking. With entries ranging from “Excellent Sheep: The Miseducation of the American Elite,” which consisted of an array of cupcakes decorated like sheep with red x’s, to “Devil in the White City,” which included a Ferris wheel made out of bike wheels and red velvet cupcakes with red filling, there was truly a wide array of entries. It was clear that every competitor had put in a tremendous amount of not only hard work and effort, but also imagination and creativity.

Heidi Herr, librarian for English and Philosophy, outreach coordinator for Special Collections and organizer of the event, described the event as “tremendous fun.”

“I was absolutely stunned by the creativity of our Hopkins bakers,” she said. “Not only are they cracking bakers, but their presentation styles are exceptionally thoughtful and even wild.”

There were five categories which the bakers were competing in and which visitors were voting on: Best Effort, Best in Show, Funniest, Best Literary Theme and



COURTESY OF DRAKE FOREMAN
This *Paddington* cake won Best in Show at this year’s Edible Book festival, hosted in the Glass Pavilion.

ARTS & ENTERTAINMENT

Edible Book Festival showcases creativity

Crazy Ex-Girlfriend cast performs live at The Lincoln Theatre

By COLE DOUGLASS
Staff Writer

Of course, the traveling live production of the musical comedy TV show *Crazy Ex-Girlfriend* (CExG) started out by playing with my expectations of the night's proceedings. Going into the Washington, D.C. venue, I thought for sure that the performance would open with "West Covina," the first song ever performed on the show.

It's the perfect way to encapsulate the show, a slightly manic song centered around the protagonist's obsession over her childhood boyfriend and her subsequent denial of that obsession, and it seemed hard to imagine that the performance would open with any other song.

Instead, the cast opened with "Where's Rebecca Bunch" — the opening to the show's recently completed third season — and it wasn't until Rachel Bloom, CExG's lead performer, took the stage that they burst into a short reprise of the song that I had been expecting.

What other way could they start a performance of the musical from a show dedicated to subverting our expectations of a romantic comedy and exposing the nuanced reality of the character stereotypes born from films like *She's All That* and

Love, Actually?

If you haven't seen the show (which you definitely should, especially since all three seasons are currently available on Netflix) it focuses on Rebecca Bunch (Bloom), a hotshot lawyer in New York City with a mental illness who moves to West Covina, Calif. after a chance encounter with her boyfriend from her childhood summer camp.

Her scheming attempts to win him back, and earn with him her only perceived chance at happiness, are heartfelt, hilarious and always accompanied by a musical number that falls somewhere between Sondheim and a fever dream.

Of course, the music was central to the April 6 performance, and the high-energy performances felt even more powerful in front of a live audience.

It'd be impossible to describe all of the incredible moments from the show within the limitations of this article, but I've compiled a couple of my favorite moments below.

First of all, Rachel Bloom was an amazing emcee, never afraid to riff on an audience member or toss out an impromptu

joke. She opened the show by announcing that Donald Trump was in the audience.

After a moment, she laughed — to the audience's obvious relief — and asked how funny it would be if Trump was a fan of a show that promotes diversity and body positivity.

Trump also got a shout-out when Pete Gardner, who plays Darryl Whitefeather, sang the song "I Love My Daughter (But Not in a Creepy Way)."

Later, Vincent Rodriguez III, who portrays the titular character's ex-boyfriend, sang "I've Got My Head in the Clouds," a song about the influence of religion; when he mentioned the Holy Ghost, another cast member danced out from backstage wearing a sheet with holes for

eyes because, "that's what you think the [Holy Ghost] looks like."

About an hour into the show, Bloom announced that they were about to begin the fi-

nal song of the evening. As the audience complained, she explained the concept of an encore to the audience, saying that she, like most theater kids, had never heard of one before.

The high-energy performances felt even more powerful in front of a live audience.



COURTESY OF FEL-FEI

The *Crazy Ex-Girlfriend* cast put on an entertaining, charming show.

After comparing the experience to trying to revive Tinkerbell, she sweetened the pot by threatening to bring a fairy onstage and break her neck if we didn't cheer loud enough.

And finally, although it isn't exactly a funny story, every single time that actress Donna Lynne Champlin, who plays Rebecca's best friend Paula Proctor, walked onto the stage, the audience spent a solid three minutes cheering; she's that amazing.

When she sang the opening note of "Face Your Fears," the audience literally lost their minds, cheering for 90 seconds because her voice is beautiful and we are not worthy of it.

I can barely put into words how much I enjoyed every second of the performance. I've been a fan of Bloom's music since middle school and have religiously followed *Crazy Ex-Girlfriend* since the first episode.

It was practically impossible for my expectations to not be met, but the entire cast (Bloom, Champlin, Gardner, Rodriguez III, Gabrielle Ruiz, and Scott Michael Foster) all did a truly incredible job, and every single song was a delight.

Even more impressive: They didn't even perform some of the best songs from the show. In a perfect world, they'd have included "Settle for Me" and "I Give Good Parent" but the evening was still a resounding success.

Unfortunately, the *Crazy Ex-Girlfriend Live* tour has moved on, but if anything that I've written above sounds even remotely interesting, then I highly encourage you to watch the show. Again, it's all on Netflix, and there's plenty of time to binge every episode before the fourth season starts airing in the fall.

Broken Social Scene puts on a solid show at Rams Head Live!

By KATHERINE LOGAN
Arts & Entertainment Editor

It was only when I noticed that I'd stumbled into the wrong line — I was waiting to get into Bleachers' show at Power Plant Live! rather than Rams Head Live! — that I realized that the vibe at the show I was headed to, Broken Social Scene, might be a little different than I had anticipated.

Nonetheless, I was excited to see Broken Social Scene perform as I'd heard from friends and family who had previously attended their shows that they put on a great live performance.

It was admittedly through my parents, whose solid music taste has played a significant role in the cultivation of my own, that I discovered Broken Social Scene — whose members (and, apparently, their primary audience) also happen to be around my parents' age.

As I confirmed after entering the venue, the crowd at Rams Head probably hadn't spent the pre-

vious weekend at *Love, Simon* (which Jack Antonoff of Bleachers wrote the majority of the soundtrack for), but that's okay.

Broken Social Scene are a collective of Toronto-based musicians brought together to collaborate by Kevin Drew and Brendan Canning in 1999.

Given the bevy of instruments used in their arrangements (the guy standing next to me counted at least 11 mics set up on stage) they are typically labeled as a "baroque pop" group.

Personally, I'd argue that their sound is more heavily influenced by rock than by what we consider "classical" music.

In the early years, the band found success via placements in a variety of popular shows and films including *Nip/Tuck*, *The L Word* and the indie drama featuring Ryan Gosling (swoon) *Half Nelson*.

But they really struck gold with their third self-titled LP, *Broken Social Scene*, featuring the track "7/4 (Shoreline)," which remains an easy sing-

along staple at their shows to this day.

Since the release of their first album *Feel Good Lost* in 2001, the group has gone through several iterations with multi-talented members coming and going yearly. Besides Drew and Canning, the group's most notable contributors have been Leslie Feist (her song "1234" is of Apple commercial fame) and Emily Haines, the lead singer of Metric.

Their most recent album, *Hug of Thunder*, was released on July 7, 2017. The release came after a roughly seven year hiatus, during which the members channeled their creativity into a variety of other artistic projects, sometimes involving other members of the band and sometimes striking out on their own.

Based on the quality material that their reunion (yes, all 15 original members helped create the new record) produced, one has to imagine that the time helped reinvigorate their creative process and lent them an even stronger, more cohesive voice and sound than they previously had.

The band's current line-up includes Drew and Canning, Justin Peroff, Andrew Whiteman, Charles Spearin, Sam Goldberg, Ariel Engle, and David

French. Engle, who is married to Whiteman, is the band's newest addition.

As a huge fan of Metric (listen to "Help I'm Alive" or "Breathing Underwater" and tell me they're not brilliant — I dare you), I had been hoping that Emily Haines would be on tour.

Thus, when it came to taking on the female vocals, my bar was set pretty high for Engle, yet she carried herself with poise onstage (without appearing to take herself too seriously) and seemed to genuinely enjoy the opportunity to be up there.

Watching her navigate the stage, I realized the extent to which her vocal part is simply a piece of the larger arrangement, something that I imagine you must be able to come to terms with if you're going to be a member of Broken Social Scene. Yes, your part is important but, at the end of the day, it's only one aspect of a larger whole.

When he spoke to the audience, Drew demonstrated stereotypical Canadian niceness. Before singing "Protest Song," which is just what it sounds like, an anthem dedicated to the virtue of protest in our current age, he emphasized the importance of resisting various factions' desires to pit us against one another.

According to him, our Canadian pals are here for us and have faith that America is going to get through the Trump administration, with music being one force capable of helping serve as an escape and a unifying force in the meantime.

Part of me wanted to simply roll my eyes and say, "Easy for you to say when you have Trudeau

crashing everything from people's hikes to their weddings," but he seemed so genuine that I didn't dare dampen his message with pessimism.

Overall, the show was an admirable demonstration of the members' musical skills, with each person taking up various vocal parts and instruments throughout.

If you played me the studio versions of the several songs I know alongside a live recording, I doubt I could have told you the difference, such is their precision.

One of the most fun moments of the evening came when Drew went to dance with the crowd during "Texico Bitches" and encouraged us to sing the "whoohoo" that follows each chorus. This was perhaps when the crowd was at its most engaged, a testament to the staying power of the older music.

While the energy waxed and waned over the course of the show, watching Broken Social Scene live was a unique experience that definitely beat my typical Friday night.

With studies continuing to provide evidence that attending live shows can add years to your life (yes, really), I strongly suggest that you check out the schedules of some of B'more's best local venues, including Power Plant Live!, Ram's Head Live!, Metro Gallery and Ottobar to see if any of your favorite artists are stopping by sometime soon.

I think you'll be pleasantly surprised by the positive impact a night of listening to music can have on your mental health.



COURTESY OF KATHERINE LOGAN

Broken Social Scene is back on tour playing classics as well as new tracks from *Hug of Thunder*.

Most Delicious, with a winner and runner up for each category.

Best Effort went, quite deservedly, to "Devil in the White City." The Ferris wheel clearly was a lot of effort (although personally I was sad that it wasn't edible — I have high standards after watching *Ace of Cakes*).

Second place went to "A Midsummer Night's Dream" which consisted of beautiful, delicate little cupcakes surrounded by a box full of magical forestry and ivy. A strip of lights at the top of the box created an appearance of glimmer and shine.

The Funniest prize went to a *Games of Thrones*-themed cake, which was a chess board with silver and gold edible miniature toilets, far and away the funniest cake of them all. The runner-up came pretty close, though, as a fireball whiskey flavored cake depicting Trump's head on fire ("Fire and Fury").

Best Literary Theme went to "Fahrenheit 451," which simply but poignantly was a plain black book with a space in the book cut out and filled with match-shaped cakes. This was one of my personal favorites, although the runner-up "Alice in Wonderland" also stayed very true to theme.

The prize for the Most Delicious entry went to "Where the Wild Things Are," with "The Walking Dead" coming in second.

Having eaten neither, I can't make any comments, but Herr said of "The Walking Dead" cake, "Not only was the decoration well-executed, but the cake itself, due to the clever use of strawberries, ended up looking like zombie innards as it was mercilessly chopped into by very hungry students."

Which leaves us with the last, but not least, award for Best in Show. Runner-up for this category went to "Charlie and the Chocolate Factory," and first prize to "Paddington Bear."

As soon as I walked in, I headed straight for the "Paddington Bear" cake. Beautiful drawings around the cake depicted classic London scenes, there was marmalade everywhere and an actual toy Paddington was included. Paddington Bear holds a special place in my heart, and clearly it does for a lot of other people too; the cake definitely was the best in the show.

Sophomore Georgia Gaertner, a student employee in the Special Collections department, said that the event is "definitely [her] favorite library event [she's] been to because it's a really fun and wholesome way to get people from the community to come together."

There truly was an incredible array of edible books on display, and it was wonderful to see everyone's different interpretations and ideas. I highly recommend stopping by next year, even if only for the free cake.

First issue of *Charm City Stories* makes its debut

John Krasinski's *A Quiet Place* lives up to the hype

By RUDY MALCOM
Staff Writer

Charm City Stories celebrated its first annual publication release on Friday in the Center for Visual Arts at the Mattin Center. The event was comprised of a live prose and poetry reading, the showing of a short film and an exhibition of two floors of artwork.

Charm City Stories is Baltimore's "first journal of mental and physical health, expressed through art and writing."

Goucher College's independent student newspaper *The Quindecim* interprets narrative medicine, the field that inspired the magazine, as "the idea that effective and humane healthcare relies on the ability to interpret and be moved by the stories of others."

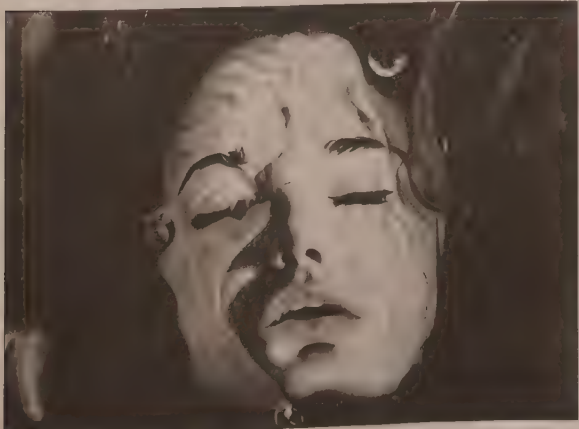
With the support of a Mellon Arts Innovation Grant, the editors spent the past year collaborating with 15 art and writing departments and over 50 different artists at seven local universities (including Hopkins; Goucher; Loyola University; University of Maryland, Baltimore County (UMBC); University of Maryland, College Park (UMD); and Morgan State University) to fashion the magazine's first edition.

According to its website, *Charm City Stories* founder, chief editor and Hopkins senior Arunima Vijay created the magazine to encourage local students to use artwork to "reflect on their experiences with sickness and caregiving" after discovering a lack of art initiatives devoted to the illness-related experiences of Baltimoreans.

"If I've learned anything in my past four years here at Hopkins, it's that Baltimore is an incredibly diverse city with a complex set of narratives surrounding illness. This publication was born out of a desire to capture some of those narratives and translate them into art," Vijay said.

Stephen Goralski, who attends UMBC, was the first to read his creative writing. He called himself a "very easily overwhelmed person" and his poem "The Everything Thing" was a meditation on the state of being overwhelmed. The poem's descriptions were original and compelling.

Next, Michelle Cheifetz from Goucher read her poems "science: Rome" and "What Isn't," the former being a take on the intersection of science and history and the latter being a captivating first-person narration of two people's thoughts. I enjoyed Cheifetz's sensory details in both.



COURTESY OF CINDY LI
"Take A Chance" is one of many pieces featured in *Charm City Stories*.

Then Natasha Hubatsek, who also attends Goucher, read her well-crafted poem "maybe that's another morning."

Next, Carolina Melo, a student at UMBC, read her short story "Fruitcakes." Melo's work portrayed a college student staying in a psychiatric ward after nearly jumping to her suicide.

"There's no real inspiration to it per se, but I like to say it came about out of kindness and understanding from an unexpected place," she said.

Indeed, I found the character Bartley, who comes "by every single day... without fail" bringing a piece of fruitcake, to be a sweet element of the well-written short story.

Then *Charm City Stories* presented *Breaking Point*, an animated short film created by UMBC student Caitlyn McCaulley that dealt with suicide. Vijay read McCaulley's statement about why she choose this format to express her experiences.

"Anxiety and depression for me have never really just been that I am sad. It feels like I have static going on in my head. It's flashes of thought and memories passing by that feel overwhelming and hard to make sense of," McCaulley wrote.

Although Hopkins freshman Veronica Montane enjoyed the whole event, she particularly appreciated *Breaking Point*.

"I especially liked the animation because it was sort of different... It was impactful, and the color contrast was really good," she said.

I urge everyone to get a copy of the magazine, which is filled with talented artwork in a variety of media and evocative prose and poetry that address insomnia, relationship problems, cancer, sexual assault, post-traumatic stress disorder and other mental illnesses.

I commend Vijay and the other editors, Hopkins sophomores Coleman Haley (creative director) and Julia See (publicity director) and Hopkins junior Anuradha Haridhas (logistics coordinator), for their passion and creativity and for having devised a bridge between the arts and medicine — humanities and STEM — that recognizes the value of storytelling and engagement with the Baltimore community.

Haridhas explained that *Charm City Stories* is hoping to encourage students at the colleges with whom the magazine collaborated to become editors and to ensure a bright future for the magazine.

By LUIS CURIEL
Staff Writer

Since its premiere at South by Southwest (SXSW) earlier this year, *A Quiet Place*, directed by John Krasinski, has been hyped by the press. Some even called it the *Get Out* of this year, but of course that's an unfair comparison. The only real things the two films have in common are that they are two well-made horror-thriller projects directed by two well-known comedians.

A Quiet Place centers around the Abbotts, a family living in the year 2020 (that's two years from now — wild right?) that is trying to survive after aliens with incredible hearing have taken over Earth.

An advantage that the Abbotts have is that their only daughter, Regan (played by the deaf actress Millicent Simmonds), is deaf, and so they exclusively use American Sign Language (ASL) to communicate with one another.

However, disaster strikes when Evelyn (played by Emily Blunt, Krasinski's real life wife) is on the verge of giving birth to their second child and has a difficult time not making a sound.

As one might assume from the title, *A Quiet Place* is extremely quiet. In fact, the first 10 or so minutes are completely silent. If you're with a large enough audience you can hear people's breathing; it adds to the terror. We understand the stakes quickly and the eerie silence only ups our anxiousness.

Krasinski manages to direct this film exquisitely; he shows us the world that the Abbotts find themselves in through newspaper clippings and through the setting. We don't get any exposition dumps, and, frankly, that's the last thing on your mind.

Both Blunt and Krasinski play parents who have different goals in mind for their children but understand the necessity for each others' viewpoints. Although Krasinski is fantastic in a role that I didn't think he could pull off, Emily Blunt and Millicent Simmonds steal the show.

Blunt is forced to express fear, courage and compassion without uttering a sound, and Millicent is a force who expresses her sadness and guilt through body language and sign language in an extremely effective way.

Not only does the film effectively up the suspense and horror but it adds an emotional element that has an extremely effective payoff. It doesn't come off as a forced narrative and the motivations of the characters involved are completely in line with what we've seen prior to this pivotal moment.

The film is at its best when it focuses on the struggle of being a parent and a functional family in the midst of a post-apocalyptic situation. We don't see the monsters often, but when we do the stakes feel as high as they can be. We want this family to survive almost as if they are our own blood.



COURTESY OF JENN DEERING DAVIS/CC-BY 2.0
Real life couple John Krasinski and Emily Blunt star in *A Quiet Place*.

Although *A Quiet Place* does a fantastic job at staying (mostly) quiet, the use of a score does at times lessen the impact of the film's scares. Although not entirely fruitless — it does build up the tension at times — the score occasionally causes its own jump scares. Commonly, it precedes the danger/monster lurking around the corner and at times lessens the impact.

Additionally, the logic behind having a kid during a post-apocalyptic time is a little lost on me, specifically when the thing that's going to put you in danger is noise, but who am I to judge the sex lives of characters living in stressful times. However, neither of these aspects ruin the film whatsoever. The tone throughout the film is one of anxiety and fear, and a couple of small problems (nitpicks really) hardly take away from it at all.

The film also puts itself in a position where it serves as a platform for the

representation of a marginalized community. The frequent use of ASL, as well as Krasinski's desire to learn from a deaf actress and have her involved and helping on set is fascinating. By the time the movie is done, you're left with the desire to learn ASL and wonder why it's not something taught in schools. It's a power move that adds authenticity not only to the role but also to the situation the characters are in.

Overall, John Krasinski's debut into the horror genre is an enormous success. Perhaps the bar wasn't very high for someone who's biggest break post-*The Office* was starring in a Michael Bay movie, but that doesn't lessen how incredible this feat is. Backed by strong performances from its cast and a concept that is genuinely terrifying, *A Quiet Place* is not only one of the best movies of the year, it's also one of the best horror movies from the past five years.

Smokler Center hosts "An Evening of Yiddish Shorts"

By ARIELLA SHUA
Staff Writer

On Tuesday, April 2 "An Evening of Yiddish Shorts" was held at the Smokler Center for Jewish Studies, also known as Hillel. The evening was hosted by Beatrice Lang, lecturer of Yiddish Language through the Department of German and Romance Languages and Literatures and the Jewish Studies Program.

Sophomore Steven Witkin also took time to discuss his experiences in learning the obscure language.

The event began with a viewing of the YouTube video "Yingl Belz." Created by the group YidLife Crisis, the clip was a humorous look at Yiddish speakers in the modern world.

The clip presents a group of clearly Jewish characters eating in a Chinese restaurant while discussing the stereotypes they hold about minority groups in America, specifically Chinese Americans. The situation is ironic as these Yiddish-speaking protagonists confirm their own stereotype of Jews eating in a Chinese restaurant.

Even for those who don't understand Yiddish, like myself, the video is an entertaining commentary on stereotyping, with a surprising twist. English subtitles make YidLife Crisis' series of shorts accessible to everyone.

Presented next were several minutes from *Our Children*.

As Lang explained, the film was recorded, entirely in Yiddish, in Poland in 1948. The movie features Jewish children who had survived the Holocaust, partially filmed on location at an orphanage. The scenes that were shown featured the children making fun of a play about Holocaust-era ghettos — they had experienced the ghetto and knew what it was truly like.

The film had a meta quality to it that was both respectful and surprising as the children, portrayed by those who had themselves survived indescribable horrors, made fun of their experiences in the ghetto, even mocking Hitler.

The children remembered their experiences with both sorrow and humor, suggesting comedy as an interesting coping mechanism and method of self-preservation. *Our Children* seems like the kind of film that wouldn't be produced today, primarily due to its interesting, nuanced and honest perspective.

Lang commented that, although the film had been made with their permission, the Communist Polish government censored the film. It was lost until 1979, when it was found and released for the first time.

In between the video shorts, Lang took the opportunity to teach Yiddish to the attendees. Using the website *YiddishPOP*, which features short animated clips entirely in Yiddish,

Lang taught basic terms, such as "there," "boy" and "girl."

As someone who understands no Yiddish beyond a few random words, the clips and easy teaching style allowed me to learn an extremely basic conversation in just few minutes. Lang uses the clips in teaching her class Elementary Yiddish.

Witkin, an Applied Math and Statistics major, began studying Yiddish in Lang's class during the fall semester and has continued to learn the language this spring.

"I enjoy it because it's not just a Jewish identity thing, but it's also a relatively easy language to learn, and has helped me understand words in German, Dutch and other European languages," he said.

After the lesson, several more shorts were viewed. I was most intrigued by a promotional video about the Yiddish Farm, located in Goshen, N.Y. The farm is run year-round by a Yiddish-speaking family, but during the summers it opens the grounds for an immersion program.

Participants, who range in age from being in their 20s to their late 60s, spend several weeks helping on the farm while also becoming almost fluent in an entirely new language.

I personally was surprised that such a program could exist. I had always heard that Yiddish was a dying language. But programs such as the Yid-

dish Farm show that there is still an interest in learning this tongue, which very easily could have been forgotten.

The final videos featured Yiddish as it is incorporated into modern society through music. An example is the entertainer Lipa Schmeltzer, known for combining both secular and religious Jewish values in his songs.

He actually visited Hopkins a few years ago after being invited by a student in Yiddish class. The initial introduction led to Schmeltzer's interest in visiting other college campuses. He is currently studying at Columbia.

The evening was made complete with an assortment of Kosher-for-Passover desserts offered to everyone. (None of the food came from the Yiddish Farm, although Lang has previously ordered matzah made there.)

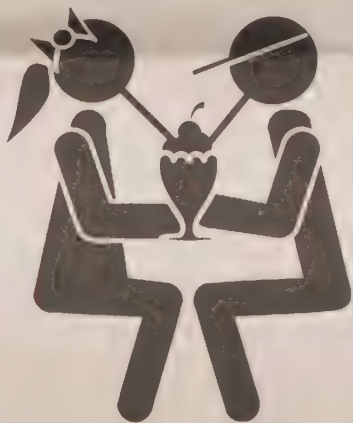
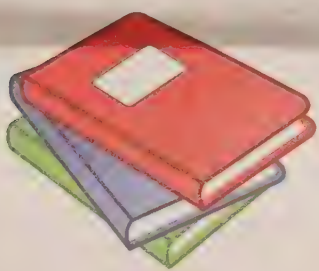
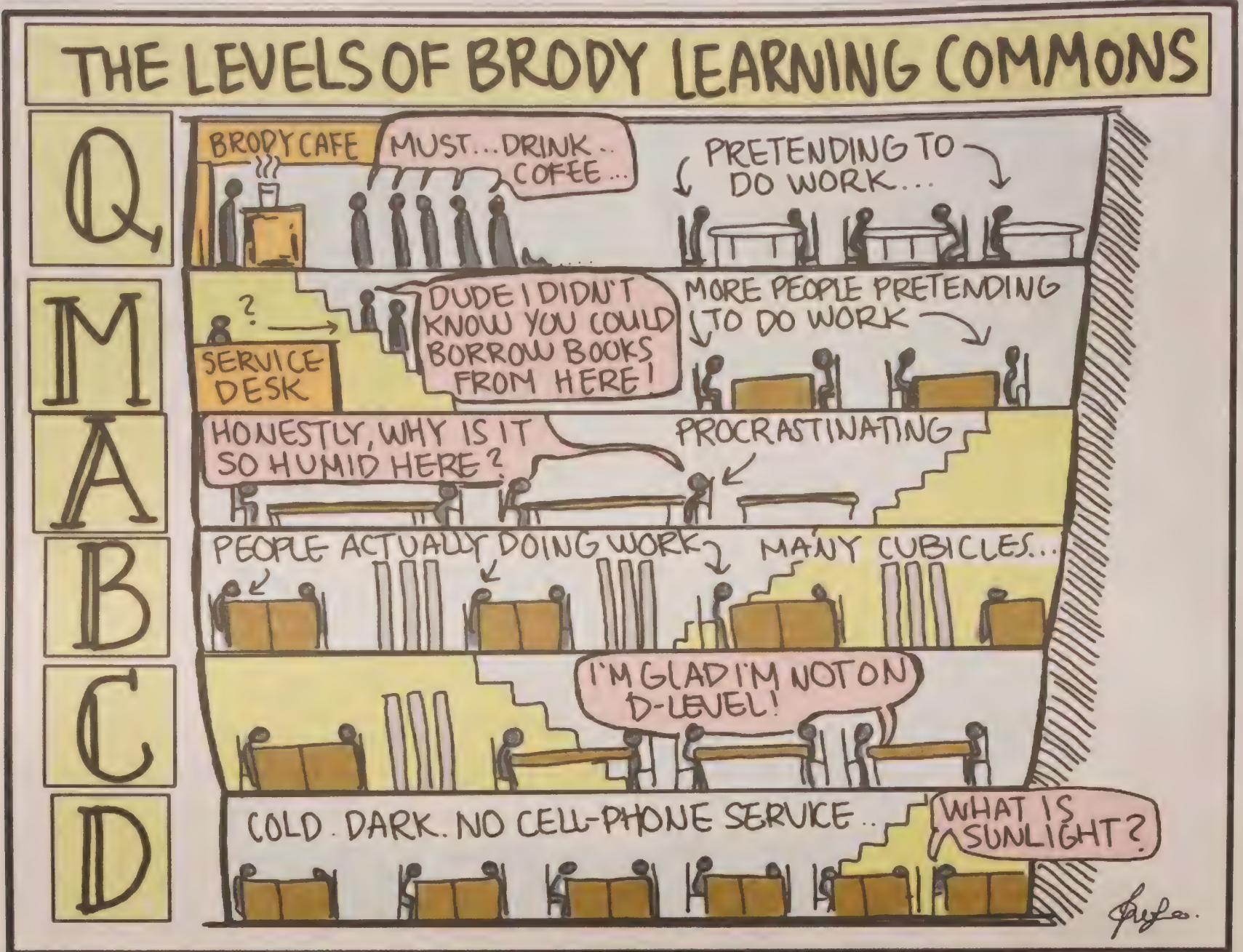
All in all, the night was a fascinating look at a language I had heard much about but never truly listened to. While describing YidLife Crisis, Lang described the group's engagement with Judaism.

"Yiddish, for them, is an alternative way of expressing their Jewish identity in the present," Lang said.

Based on the shorts Lang shared as well as Witkin's personal testimony regarding why he chose to study Yiddish, this seems to hold true for all those who continue to work to keep the language of Yiddish alive today.

CARTOONS, ETC.

By: Jeanne Lee



SOHOP You

VS

Freshman You



By: Catherine Palmer

SCIENCE & TECHNOLOGY

Endangered frog species may be on rebound

New study links poor grades to class times



GRATWICKE/CC-BY-2.0/
Researchers discovered that Panamanian golden frogs are building a resistance to the Bd skin fungus.

By **JESSICA KASAMOTO**
Staff Writer

The decline of many different forms of endangered species continues to be an issue worldwide. The Panamanian golden frog is native to the rainforests of Central America. While this species could easily be found in the rain forests of Panama as recent as 20 years ago, scientists noticed a sharp decline in the species’ population in recent years.

According to biologist Jamie Voyles, the Panamanian golden frog used to be so abundant that people could barely walk without stepping on one. However,

in recent years, it is far more likely to encounter a sick or dead frog than a living one.

Panamanian golden frogs aren’t alone — it seems as if many of these once abundant amphibians in these tropical climates are growing extremely scarce. While scientists were initially baffled, they soon realized that nearly all of these dead frogs were covered in a skin fungus called *Batrachochytrium dendrobatidis* (Bd).

Studies published by the National Academy of Sciences have shown that these pathogens on the frogs’ skin can drastically alter the microbiome of the frogs’ skin,

leading to fast and fatal periods of disease. However, to the surprise of many in the scientific community, the Panamanian golden frog as well as other once-declining species seem to be making a comeback.

At first, many scientists including Voyles had believed that this population recovery stems from aspects of the fungus itself, that maybe it had become less deadly with time. However, with further time and research, Voyles and her colleagues had a new theory.

She recently published a paper suggesting that the reason for the comeback may lie in the frogs’ shift in response rather than a change in the bacteria itself — in other words, the frogs are slowly becoming resistant to this type of bacteria.

Voyles initially found this theory to be unlikely due to the fact that the frogs had slightly over a decade to respond — a tiny amount of time by evolutionary standards.

Though Voyles still found that theory unlikely, she decided to test this hypothesis by measuring how

much skin secretions of the Panamanian frogs in captivity at the Maryland Zoo slowed down the growth of fungus on the frogs in comparison to those of rebounding populations in the wild.

The differences between the two were striking; she saw that a few mutant frogs in the wild carried secretions that made them more resistant to Bd, and these frogs were able to live and reproduce. Some other potential causes of the population rebound may be the differed responses of different frogs’ immune systems as well as global warming effects that make it harder for the fungi to survive on the frogs.

Regardless, the story of the Panamanian frog and other amphibians who experienced recent declines in their populations may serve as a warning that extinction is a continuous threat to many species of animals.

Freshman Biomedical Engineering major Giang Hoang explained why she thinks looking out for endangered species is extremely important.

“Each and every one of the species on Earth contributes to ecological balance,” Hoang said in an interview with *The News-Letter*. “On top of all technology developments, it is extremely important to educate everyone about the importance of the issue in order to make a long-term impact to protect the environment as well as all the species living on Earth.”

By **JONATHAN PATTERSON**
Staff Writer

In what is thought to be the largest ever study of its kind, researchers at the University of California, Berkeley and Northeastern Illinois University have reached an interesting conclusion concerning the battle between body clock and class schedule.

The study, which divided the subject students into “night owls,” “day-time finches” and “morning larks” based on their activities on days they were not in class, compared the students’ class times with their academic performance. It concluded that students with class schedules clashing with their circadian rhythms receive lower grades.

So for example, a “night owl” taking 8 a.m.’s would suffer from this effect, which is called “social jet lag” (SJL), a condition in which peak alertness times are at odds with work, school or other demands.

Mark Wu, an associate professor of Neurology at Hopkins Medicine, shared his thoughts on the conclusions of this study.

“I think this is an interesting study, as it highlights an important yet underappreciated concept

— that inherent differences in our circadian tendencies can have a significant impact on our performance, mood, and health,” Wu said in an interview with *The News-Letter*.

The study finished after two years of tracking the online activity (the login information to be specific) of 14,894 students from 2014 through 2016 on the Northeastern Illinois University campus system.

The co-author of the study, Benjamin Smarr, a postdoctoral fellow studying circadian rhythm disruptions at Berkeley, spoke about the results of the study in a press release.

“The majority of students were being jet-lagged by their class times, which correlated very strongly with decreased academic performance,” he said.

It should also be noted that in addition to hampering academic performance, SJL has been linked to obesity and excessive alcohol and tobacco use.

Aaron Schirmer, an associate professor of Biology at Northeastern Illinois University and the study’s other co-lead author, focused on the positives in the same press release.

“If a student can structure a consistent schedule in which class days

SEE GRADES, PAGE B9

Bologna causes world’s deadliest listeria outbreak

By **RACHEL HUANG**
Staff Writer

For the past 15 months, a listeria outbreak has washed through South Africa with 982 recorded cases and has killed about 189 people.

Bologna, commonly known as “polony” in South African English, is a popular food originally from Bologna, Italy.

Despite the fact that it is a common ingredient in pasta, sandwiches and sometimes even soup, bologna, like all other processed meats, is actually very unhealthy.

Nitrites, which are used as preservatives in processed meats, can be bad when taken in large quantities.

Under certain conditions, they can even damage cells and cause cancer.

A two ounce serving of bologna contains 530 milligrams of sodium, about a fourth of the recommended daily intake. High sodium levels in the blood

is known as hyponatremia with symptoms including nausea, dehydration and fatigue along with other more severe cases.

But, despite these negative health effects, nothing is as bad as the possibility of contracting listeria upon consumption.

According to the *New York Times*, city officials in South Africa were able to track the source that caused several listeriosis cases in the area back to a daycare center’s refrigerator. This discovery in turn led to an investigation on Tiger Brands’ Enterprise Foods facility in Polokwane, the capital of the Limpopo province, South Africa.

According to the authorities, traces of the LST6 listeria strain were found to have contaminated the factory and therefore its processed meats.

Listeria is a bacterium commonly found in water, animals and soil. Unlike

SEE BOLOGNA, PAGE B9



PUBLIC DOMAIN
Bologna, like many other processed meats, contains high nitrate levels.

Adolescents face difficulty getting depression treatment

By **ANNA CHEN**
Staff Writer

In February of this year, the American Academy of Pediatrics (AAP) announced its intentions to initiate change by calling for every child to receive an annual screening for depression beginning at the age of 12. This is a big step forward, but is it enough?

Depression is the leading cause of disability in the United States among people aged 15 to 44, according to the World Health Organization.

Eighty percent of patients who receive mental health treatment for depression show an improvement in their symptoms after a month of treatment.

However, an estimated two-thirds of people suffering from depression do not end up getting diagnosed or receiving treatment at all.

Unfortunately, the fact that depression is underdiagnosed and undertreated has dire consequences. Depression is the primary cause of suicide, and up to two-thirds of cases of older adult suicide are attributable to misdiagnosed or untreated depression.

With depression affecting one in eight adolescents and suicide being the third-leading cause of death among young adults, it is not difficult to conclude that America needs a better mental healthcare system and that the flaws in the current one is a disservice to not only patients of all ages, but particularly to the

new generation of youth.

Screening kids regularly may be able to diagnose more of those who exhibit depression symptoms earlier. But what happens after the diagnosis — getting the treatment — may be the real problem.

There are a multitude of barriers between a young patient getting diagnosed with depression and their options for help and treatment.

The concerned parents of these patients often discover that finding the right provider for their child is a near impossible task.

Only a small number of therapists and an even smaller number of psychiatrists accept private insurance.

Out of these options, most are already full and not accepting new patients or have waiting lists of many months to a year.

On top of that, the provider must be close enough in proximity to make weekly trips to the office. And of course, they need to connect well with the teenage patient for truly effective treatment, which in itself is a challenge.

In a 2017 study conducted by Harvard, researchers pretending to be parents of a young adolescent with depression called 601 pediatricians and 312 child psychiatrists across five different cities. The results were discouraging.

They were able to schedule appointments with only less than half of the pediatricians and only 17 percent of the child psychiatrists,



PUBLIC DOMAIN
Only a small number of depressed adolescents are treated by doctors.

and of these, wait times of several months were considered rather favorable results.

President and CEO of Mental Health America, Paul Gionfriddo, explains that this is not due to a large number of patients but instead due to the lack of mental healthcare professionals.

Psychiatrists, although required to attend medical school and train in residency like all physicians, are paid significantly less than doctors in many other specialties.

Because mental health is dismissed as less important than physical health, providers are not valued and not paid enough, and thus there are less of them than there needs to be.

However, the reason why finding treatment for depression is so difficult is not limited to the lack of availability of mental

healthcare providers.

Mental health issues have always carried a stigma. Many parents will refuse to take their children to see a mental healthcare provider because they do not want to accept that their child has clinical depression. Many youth themselves feel ashamed for needing to seek help.

According to Gionfriddo, the key to closing the gap between depression diagnosis and treatment is opening up the conversation about mental health and its importance.

He said that physicians in fields other than psychiatry should take mental health just as seriously as physical health and should offer referrals to specialists. Additionally, he said physicians should help patients and their families find information about depression and the different options for treatment.

ESA sets up new plan to study the exoplanets



Jaemie Bennett
Life on the Edge

On March 20, 2018, the European Space Agency (ESA) announced the Atmospheric Remote-sensing Infrared Exoplanet Large-survey (ARIEL) mission as its fourth medium-class mission in the Cosmic Vision program.

ARIEL joins the ranks of the Solar Orbiter, which studies the area near the sun where solar winds are potent; the PLANetary Transits and Oscillations of stars (PLATO), a machine that hunts for new planets like the National Aeronautics and Space Administration's (NASA) Kepler; and Euclid, which analyzes the effect of dark matter on the early expansion of the universe.

ARIEL, set to launch in 2028, will analyze the atmospheric composition of 1000 currently known exoplanets. Unlike the Earth we live on, ARIEL will focus on large gas giants, from the size of super-Earths (planets larger than Earth but much smaller than Neptune) to Jupiter, ARIEL's data will provide insights into astrobiology.

ARIEL will also look at some planets in the "habitable zone," the region around a star in which an earth-like planet might have liquid water on its surface. The compositions of those atmospheres could tell us if planets in the habitable zone harbor the right molecules for life similar to Earth.

Concerning astrobiology, ARIEL will also act as a guinea pig for this sort of mass data collection; although this mission is focused on gas giants, the methods learned can be applied to missions that will look at rock-planets like Earth where extraterrestrial life may exist.

The reason why ARIEL will look at large planets is that the high temperatures generally keep the molecules in a gas state. Otherwise, the molecules would condense to form clouds or sink to the surface, hiding them from ARIEL and disrupting the spectroscopic measurements.

To analyze the atmospheres of those 1000 planets, ARIEL uses spectroscopy.

Spectroscopy is a technique that analyzes the spectrum of light received after the light runs through translucent matter. Different molecules absorb different wavelengths of light, resulting in different emissions spectra. The spectra received from the planets hint at the compositions of their atmospheres.

ARIEL will capture this

spectrum at two instances in a planet's orbit: when it passes directly in front of its sun and when it passes behind its sun.

While it is in front of its sun, a phenomenon called a transit, there is a drop in the amount of light received by ARIEL as the planet blocks the sunlight; the difference is the light that passes directly through the atmosphere of the planet. This is termed transmission spectroscopy.

The planet passing behind the sun is called the secondary eclipse, so the information received is called eclipse spectroscopy.

Again, there is a drop in light received, since there is no longer the auxiliary reflection of sunlight from the surface of the planet.

The difference represents the light from the planet, which is analyzed for its spectrum and the composition of the atmosphere.

ARIEL will also look at phase variations of the planet.

While the planet is orbiting, different longitudinal sides are exposed to ARIEL. The different spectra received by ARIEL create a composite of the varying atmospheric compositions of the planet.

On select planets, ARIEL will also be utilized to do deep analyses on cloud systems and seasonal and daily variations in temperature, again lending insight to the atmosphere of the planet.

The general purpose of ARIEL is to understand how our own solar system fits into the universe as a whole, as well as the origin and evolution of planets.

Current data seems to indicate planets form in an orbit, then migrate into a different orbit. During the formation of planets, the composition of the planet-forming disk changes radically from the star.

The atmosphere of that planet so many years later will reflect this position from the sun, so ARIEL can confirm or deny the theories of planet migration.

ARIEL was chosen over two other candidates, the Turbulence Heating Observer (THOR), which proposed to analyze the turbulent fluctuations in plasma environments; and the X-ray Imaging Polarimetry Explorer (XIPE), which would use the X-ray wavelength to study an amalgam of physical properties of the universe.

Once again, science is pushing the envelope in leaps no one could have imagined; it's an ambitious plan to understand the specific compositions of 1000 different atmospheres.

As someone whose greatest goal is to confirm the existence of extraterrestrial life, the approval of ARIEL gives me hope that it is a goal that will be realized at some point in my lifetime.

So as every good scientist must ask: How far do you think we can go?

Black holes found at center of the Milky Way

By ELAINE CHIAO
Science & Technology
Editor

The Milky Way Galaxy is more than 100,000 light years in diameter. In between this vast space occupied by so many unknowns, how do humans advance their quest in determining the existence and locations of black holes?

For more than 20 years, researchers have been trying to look for evidence to support the theory that many black holes surround a supermassive black hole at the center of galaxies.

Declan Aroh, a sophomore Biology major at Hopkins with a keen interest in astronomy, offered a potential explanation for this theory.

"Generally, celestial bodies maintain some sort of orbital system, with the existence of dense bodies like a star at the center of the system to hold things in relative alignment," Aroh said in an interview with *The News-Letter*. "So in this case, maybe a group of super dense black holes could be the focal point preventing the galaxy from spinning out of alignment. This idea sounds pretty crazy though,"

Just like Aroh, astrophysicists have been constantly postulating about various aspects of these mysterious entities.

Recently, however, a group of astrophysicists from Columbia University successfully identified a cluster of black holes around Sagittarius A* (Sgr A*), a supermassive black hole located in the center of

the Milky Way Galaxy.

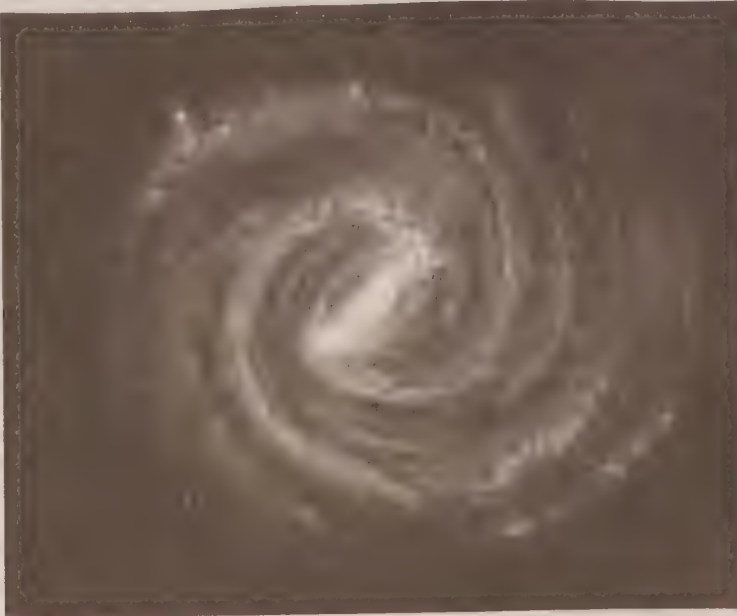
Chuck Hailey, an astrophysicist from Columbia who is the co-director of the Columbia Astrophysics Lab and a lead author of the study, explained the significance of the discovery.

"There are only about five dozen known black holes in the entire galaxy — 100,000 light years wide — and there are supposed to be 10,000 to 20,000 of these things in a region just six light years wide that no one has been able to find," Hailey said in a press release.

Sgr A* is the name for the supermassive black hole that is closest to Earth. In reality it is surrounded by a cloud of gas and dust that offers the perfect conditions to nurture the potential birth of new stars.

The final fate of these new stars vary, but some of them could eventually turn into black holes. Other black holes could be attracted by Sgr A*'s gravitational pull and be trapped in the region by its sheer size.

Additionally, an interesting phenomenon can some-



PUBLIC DOMAIN

Astronomers discovered thousands of black holes situated at the center of the Milky Way.

times occur when black holes trap a passing star, thereby forming a complex called a stellar binary.

Astrophysicists currently believe that there is a significant amount of these black holes at the center of the Milky Way, which can form extremely dense cusps that are often the target of X-ray detection devices sent into space.

Hailey confirmed that this is a relatively straightforward way to search for black holes. Nonetheless, there is still a long way to go in perfecting this method, especially since the galactic center is so distant that X-ray sparks are seldom accurately observed from afar.

Hailey's team is fascinated by their discovery and its underlying implications. By examining the newly found black holes,

scientists can study their distribution and gain some insight into the way massive black holes interact with their smaller counterparts.

"In a sense, this is the only laboratory we have to study this phenomenon," Hailey said.

The team's findings were published in the April 5 issue of *Nature*.

Hailey believes that these findings would help contribute significantly to research in the field of gravitational waves. Equipped with the knowledge of how many black holes are near the center of a galaxy, scientists can better predict how many gravitational wave events might be associated with these entities.

"All the information astrophysicists need is at the center of the galaxy," Hailey said.

Wrap up: the latest in technology...

By WILLIAM XIE
Staff Writer

Apple to Move on from Intel Chips

Apple recently publicly announced plans to design their own chips for their Mac computers. The project, called Kalamata, is expected to replace processors manufactured by Intel as early as 2020. Apple's reasoning for the replacement is simple. With consolidated Apple chips, the iconic tech company could economically integrate its hardware and software between products.

Intel shares had a historic intraday drop, down as much as 9.2 percent. Intel did not comment about Apple's project.

"If you look at incremental R&D spend, it's gone into ways to try to vertically integrate their component so they can add more functionality for competitive differentiation," Shannon Cross, an analyst at Cross Research, said in a press release.

New Dell XPS 15 Will Be Released Soon

Dell has recently announced the release of its popular 15 inch ultrabook. The release date set at April 16 promises a similar exterior to its predecessor. So what impressive advancements does Dell have to offer this upcoming iteration? The answer lies in what the Texas-based company offers inside the new ultrabook.

Although Dell has released new laptops with 8th generation Intel chips this season, the new XPS 15 is one of the first to receive a powerhouse i9 option, which is reported to have a 41 percent increase frame rate performance compared to its i7 counterpart. There's also a new 1050 Ti graphics card option. Dell has also increased the maximum RAM to 32GB. Its base model, which uses an 8th generation i5 Intel processor, starts at \$999.

iOS Application Development Slows for the First Time

According to Appfigures, a service that analyzes apps, the iOS app store saw a decrease from 2.2 million apps from the start of 2017 to 2.1 million by the end. In contrast, Google Play had an increase of about 30 percent for the year, which was a record high of more than 3.6 million apps.

What about new app development? iOS development slowed for the first time since its start in 2008. iOS developers have released only 755,000 new apps in 2017, which is a 29 percent drop from last year. Google Play, on the other hand, recorded a 17 percent increase.

The decline in iOS apps is most likely attributed to Apple's guidelines and its requirement for every app to support 64-bit architecture.

In-App Purchases Accumulate \$15 Million in Three Weeks

At the start of April, Epic Games, a North Carolina-based gaming company, openly released a highly anticipated game called *Fortnite*. The game itself is free but offers the purchase of cosmetics and passes.

After a period of invite-only play, the widely popular game earned an astonishing \$6.4 million in the past week, which leads even *Candy Crush*'s \$5.8 million weekly revenue on the iOS app store. In February, *Fortnite* mobile has an estimated \$126 million accumulated through in-app purchases.

SCIENCE & TECHNOLOGY

Dietary supplement may delay physiological aging

By **ALLISON CHEN**
Staff Writer

A study conducted by researchers at the University of Colorado Boulder (CU Boulder) indicates that nicotinamide riboside (NR), a dietary supplement, may provide the same health benefits as restricting calories. The findings were reported in a paper published on March 29 in *Nature Communications*.

Calorie restriction has been previously shown to delay physiological aging and even to extend lifespan in studies of animals including fruit flies, rodents and monkeys. However, this approach carries unknown risks such as potential bone density and muscle loss, in addition to being difficult to maintain and potentially unpleasant.

Prior research indicated that NR involves some of the same molecular pathways as calorie restriction.

NR is a form of vitamin B3 and can be taken as an oral supplement. It is involved in the synthesis of nicotinamide adenine dinucleotide (NAD+), a compound which is important both as a signaling molecule and as a substrate for enzymes involved in pathways that mediate the beneficial effects of calorie restriction.

Increased NR concentrations have been shown to in turn increase concentrations of NAD+, an effect also seen due to calorie restriction.

The scientists at CU Boulder conducted a 12-week study involving 24 lean, healthy, older adults from the Boulder area, who were randomly divided into two groups.

Researchers gave Group A placebos for six weeks and then NR supplements for the remaining six weeks, while Group B received the supplements first and then the placebo.

"This was the first ever study to give this novel compound to humans over a period of time," Doug Seals, one of the paper's authors and a member of the Department of Integrative Physiology at CU Boulder, said in a press release.

None of the participants reported severe side effects and only seven reported any adverse effects at all. While some of these, such as cramping and nausea, were reported while the participant was receiving NR supplements, others, including headaches and fainting, were reported

during the placebo phase.

Blood samples collected twice, once after the first six weeks and the second time at the conclusion of the study, remained within normal ranges when the individual was receiving either NR or the placebo.

Researchers found that NR supplements increased NAD+ levels by around 60 percent. They also increased levels of another compound, nicotinic acid adenine dinucleotide (NAAD), by almost five times as compared to the placebo. This supported a prior hypothesis that NAAD indicates increased NAD+ metabolism.

The study reported that NR lowered blood pressure by an average of nine mmHg in individuals whose blood pressure was elevated in the stage I hypertension range. It was also observed to reduce carotid-femoral pulse wave velocity, a measure of aortic stiffness and a risk factor for cardiovascular events such as heart attacks. This effect was also more pronounced in participants with higher initial blood pressure.

Due to the small number of participants, the researchers emphasized that the study was a pilot program and that larger clinical trials are required to evaluate safety and efficacy definitively.

The authors pointed out promising avenues of further research as identified by the present study, primarily involving cardiovascular health. They also noted that NR supplements could provide the most benefit to older individuals, as well as those with higher than normal blood pressure, from around 120 to 139 mmHg.

This could potentially have a significant medical impact, given that almost 50 percent of U.S. adults middle-aged or older have a blood pressure inside this range, putting them in increased danger of such events as chronic kidney disease, stroke and dementia.

In addition, since individuals with this range of blood pressure are usually recommended to make lifestyle changes rather than given anti-hypertensive drugs, an approach that is often ineffective, NR supplements could be a more effective but low-risk treatment.

"What this paper provides us with is a really good stepping stone for future work," Chris Martens, the study's first author said in a press release.

Low-fat and low-carb diets equally beneficial

By **SABRINA CHEN**
Science & Technology Editor

Obesity is a leading issue in American culture. More than one in three adults in the United States are considered obese, according to the National Institute of Diabetes and Digestive and Kidney Diseases. Low-fat diets and low-carbohydrate diets are two popular strategies for weight loss.

A recent study done by researchers at the Stanford University School of Medicine assessed the effect of a low-fat versus a low-carbohydrate diet on the overweight adult population. It was found that there was no significant difference in weight change or insulin secretion pattern over the 12-month weight loss period. Past studies stated that weight loss for either diet group could range from about 25 kilograms lost to approximately five kilograms gained.

Led by researchers Christopher Gardner and John Trepanowski, the current study included 609 overweight individuals who were between 18 and 50 years old and body mass index (BMI) scores ranging from 28 to 40. For 12 months the participants were randomly assigned to either a healthy low-fat diet or a healthy low-carbohydrate diet.

Over the course of 12 months, the participants

in the study were required to attend 22 diet-specific small group sessions that explained ways to achieve the lowest fat or carbohydrate intake long-term. Professional dietitians led each class.

The dietary interventions included participants reducing intake of total fat or carbohydrates to 20 grams per day in the first eight weeks.

In addition, the low-fat group was instructed to steer clear of edible oils, fatty meats, whole-fat dairy and nuts, while the low-carbohydrate group needed to remove cereals, grains, rice, starchy vegetables and legumes from their diet.

All participants were asked to maximize vegetable intake while minimizing sugar and trans fat intake.

At the end of the 12 months, the mean weight change for the healthy low-fat diet group was -5.3 kilograms and minus six kilograms for the healthy low-carbohydrate group. This was found not to be statistically significant. In other words, there was no significant difference in terms of



PUBLIC DOMAIN

The Stanford study showed that both a low-fat and a low-carb diet are effective for weight loss.

weight loss between the two groups. Within each group, participants had a similar range of weight change (-30 to 10 kilograms).

In addition, both diets improved lipid profiles and lowered blood pressure, insulin and glucose levels. However there was no significant difference between groups.

A glucose tolerance test was used to measure insulin sensitivity.

Insulin sensitivity is often used in dietary studies as a measure of how well people respond and adhere to diets.

At the end of the study it was found that the low-fat group consumed 29 percent of their calories from fat (versus 45 percent in the low-carbohydrate group). In other words, the major-

ity of these subjects did adhere to the diet. Similarly the low-carbohydrate group consumed 30 percent of their calories from carbohydrates (versus 48 percent in the low-fat group).

While the participants were not asked to count the calories they ate day to day, researchers found that the average participant actually reduced their caloric intake by about 500 to 600 calories each day.

The researchers from the study noted that the conclusion to this study is that there is not one "best" diet for a population. The study shows the success of long-term diets with slow and steady changes, but provides little evidence for whether a low-fat or low-carbohydrate diet is more successful for weight loss.

Social jet lag may be the culprit of lower grades

GRADES, FROM B7

resemble non-class days, they are more likely to achieve academic success," Schirmer said.

However, constructing that consistent schedule for most students may be harder than it sounds, since the effects of social jet lag are wide-ranging.

The effects were felt across all three groups in the study. Although night owls appear to be plagued the most severely, being unable to truly work at their best during any time of day, forcing all students to go to bed earlier is not the solution for everyone.

The study also showed that, like night owls taking morning classes, daytime finches and morning larks are met with the effects of social jet lag when taking later classes.

Of all the students studied, less than half had schedules that were in sync with their body clocks. Yet, on the bright side, the study did show

that among the minority with ideally-synched schedules, grades were in fact higher.

On the flip side, 50 percent of the students in the study were taking classes before they were fully alert, and another 10 percent of students had peaked in daily performance before their classes actually began.

That being said, it should be noted that the study does not definitively prove social jet lag directly leads to lower grades.

"While interesting, the study is observational, and so it would be important to demonstrate that aligning circadian tendencies with the students' classwork improved their performance," Wu said.

Again one might think going to bed earlier is the obvious solution to the problem explored by this study.

"Rather than admonish late students to go to bed earlier, in conflict with



PUBLIC DOMAIN

The study showed the importance of schedules that align to your body clock.

their biological rhythms, we should work to individualize education, so that learning and classes are structured to take advantage of knowing what time of day a given student will be most capable of learning," Smarr said.

Another point Wu mentioned was that one must

recognize the importance of the circadian rhythm.

"Circadian tendencies can be effectively addressed in sleep clinic. So if individuals are struggling with the timing of their school or work, it would be worthwhile to see a sleep medicine physician," Wu said.

Listeria outbreak kills 189 people in South Africa

BOLOGNA, FROM B7

many other bacterial microbes, listeria can grow in cold, even freezing, temperatures and can therefore affect a wide range of foods. However, listeria can be killed by pasteurization and cooking.

Listeriosis is an infection that occurs by consuming foods contaminated by the *Listeria monocytogenes* bacterium. It is most detrimental to pregnant women, older adults and those with a weakened immune system.

Symptoms associated

with listeriosis include fever, confusion, vomiting, diarrhea, weakness and, in more extreme cases, convulsions, infection of the blood (septicemia) and infection of the brain (meningitis).

With an incubation period of three to 70 days, the disease is likely to proliferate, according to officials' expectations. Although bologna was widely consumed, it wasn't the only product associated with the outbreak. Viennas, Kielbasa, frankfurters and sev-

eral other sausages and cold meats may be affected due to cross-contamination in the processing facility.

The listeria outbreak is recorded as the world's largest known outbreak so far.

"Surveillance is a critical but neglected piece of health systems," Louise Ivers, a Global Health professor at Harvard University said, according to the *New York Times*. "Without the resources and lab infrastructure, countries are left reacting: reacting to cholera, reacting to Ebola, reacting to listeria."

The National Consumer Commission has issued recall notices to develop a recall plan that will cover the distribution chains of the facility.

Despite implementing recalls of processed products, Tiger Brands' Enterprise Foods is still receiving criticism from the community.

Richard Spoor, a South African lawyer, along with 70 others affected by the outbreak, has filed for a \$2 billion lawsuit against Tiger Brands.



PUBLIC DOMAIN

Nicotinamide riboside supplements may lower blood pressure in the elderly.

SPORTS

Baseball stays on top of W. Tennis continues strong Conference play



HOPKINSSPORTS.COM

The Blue Jays have averaged nine runs per game over their last six games.

BASEBALL, FROM B12
fifth, the Mules would not even reach first base, as Ross retired six batters with four strikeouts.

With one out in the bottom of the fifth, sophomore shortstop Dillon Bowman tripled to right center before coming home to score the first and only run of the game, thanks to a double to left field from Kutcher.

In the seventh and eighth innings, Ross added four more strikeouts to his total on the day before giving up a single to right in the top of the ninth. Then, in his final strikeout of the day, Ross finalized his career-high 15 strikeouts to solidify the shut-out victory, the second of his career.

"We came into this year with high expectations and goals, and that may have put some pressure on our guys to perform," Ross said. "I think getting back into Conference and knowing that we're the best team in the Centennial has boosted our play. Now, everyone is starting to hit their stride and play by trusting their abilities, and it's really showing on the field and in the box scores."

However, the action on Babb Field did not end there, as the Blue Jays were back later that Sunday afternoon for game two of their doubleheader against the Mules. This time on the mound, senior pitcher Nick Bodner threw seven strong innings, giving up only five hits, walking one and striking out two in the process.

Both teams started off game two slow offensively, combining for only three hits throughout the first three innings. Again, Kutcher would break open the scoring for the Jays, coming in off a double by Jaffe after hitting a single to lead off the third. Jaffe would advance to third off a fly from Smith before coming home thanks to a sacrifice fly by Darwiche to put the Blue Jays ahead of the Mules 2-0.

Smith came around to add another score in the fifth for the Jays on a double play ball, Jaffe approached the plate in the sixth with bases loaded. The senior hit a sacrifice fly to push the Jays' lead to 4-0 at the bottom of the sixth.

The Blue Jays would finish their scoring for the day in the eighth inning when Martin got his third hit of the day. After sending a double down right field, Martin came home to score the Jays' fifth and final run off a double by DeGiacomo. The two would end up leading the Jays with three hits apiece

By **SIMONE BLISS**
For The News-Letter

The 18th-ranked Hopkins women's tennis came to the courts with fire to compete on both Friday and Saturday. The Jays brought their brooms this weekend, finishing the days with strong 9-0 sweeps against the Gettysburg College Bullets and the Muhlenberg College Mules.

Competition began on Friday against the Bullets. Hopkins only dropped three games during the afternoon and ended up sweeping the doubles matches.

Junior Katie Gauch and freshman Margo Gerke only took eight games to defeat their Gettysburg opponents, placing third against Gettysburg seniors Erica Paul and Erin Sweeney. Freshman Dhanya Asokumar and junior Kimberly Zou took an 8-1 victory in second, and freshman Anjali Kashyap and sophomore Sophia Strickland took an 8-3 victory at first.

In singles, Kashyap only lost two games, while Strickland only lost one. Their dominating efforts helped clinch the win for Hopkins.

However, the Jays were not done just yet, as they continued to rack up points. Zou, Asokumar, Gauch and junior Chrissy Simon all came out victorious in their singles matches.

Hopkins is now 18-15 all-time against the Bullets, winning the last 17 matchups. The Blue Jays' performance on the fol-

lowing day mimicked that of Friday afternoon, as they once again swept another Centennial Conference foe.

On Saturday against the Mules, the strong Hopkins play was highlighted in every matchup of both the singles and doubles competitions. Set-wise, no match was close.

In singles, both Gerke and freshman Sabrina Abrams marked the day strongly, winning every game in their matches for an impressive final score of 8-0. Simon and Gauch also secured their own undefeated games, winning one match 6-0 and another 6-1 each.

The singles competition overall however was quite strong across the board. Multiple players, like Asokumar, dropped only one game and sophomore Prerna Singh dropped just two.

Asokumar reflected on the team's mindset going into the day.

"We went into Muhlenberg pretty confidently off of our other Conference wins and just went in with the mentality that we were going to have fun and play our best," she said.

That was certainly what the Jays did, as they not only dominated in singles but crushed the competition in doubles as well.

In doubles, Gauch and Gerke, along with Zou and Asokumar, gave up only one set, closing their matches 8-1. The opposing pair of junior Jourdyn Buckheit and freshman Geetika Bhatia attempted to bring one home for the Mules, but the Jays' pair

of Kashyap and Strickland stopped them in their tracks, and Hopkins won their match with a solid 8-4 victory.

Asokumar looked back on the team's performance on the day.

"Our team played really well against Muhlenberg. We couldn't have asked for better results with our 9-0 win," she said.

Saturday's extension of the Jays' hot streak was a welcome change from their struggles earlier in the season. The Blue Jays entered Conference play on a losing streak, but they did not let that hinder the intensity they've brought to matches since then.

Difficult competition and struggle early on has made the team focus on growth and face challenges with determination.

The Jays reflected fondly on the weekend's successes and spoke about continuing to strive to higher goals as the season progresses.

"Our goal this season is to really just keep improving," Asokumar said. "We played some amazing teams earlier this year — some teams in the top 10 at indoor nationals and even some D-I teams like Navy and Towson — we hope to keep improving our game by playing good teams like these, so that we can really kill it at NCAAs."

Their record currently stands at 5-7 on the season. However, they are undefeated in the Centennial Conference and currently hold first place, having shut out all their opponents thus far. The past three games against Gettysburg and Muhlenberg extend the Jays' all-time Conference win streak to 115 in the regular season.

Next up, the Blue Jays have a chance to extend their streak when they face the Haverford Fords on the road in Haverford, Pa. on Saturday, April 14 at 11 a.m.



HOPKINSSPORTS.COM

Hopkins is 5-0 and has yet to give up a point in Conference play this year.

Worst to (almost) first: March Madness bracket advice for next year



Gregory Melick
Sportpinion

With another year of March Madness behind us, another year of hope for that perfect bracket has come and gone. In hindsight, there was probably a lower chance for a perfect bracket this year than any other, with University of Maryland, Baltimore County (UMBC) becoming the first No. 16 seed to ever beat a No. 1 seed and Loyola University Chicago becoming just the fourth ever No. 11 seed to make it to the Final Four.

Even with all the unpredictable mayhem, the Second Annual News-Letter Sports Bracket Competition was tightly contested until the very end. This year, my fellow sports editor Esther Hong won by correctly choosing the Villanova Wildcats to win the championship, taking home the prize of a year full of bragging rights.

Even though I went another year without winning (despite being by far the most knowledgeable about sports), this year I im-

proved considerably, going from last place a year ago to second place this year, and I was even the leader heading into the Final Four. This year, I learned that to be successful, the early rounds don't matter. All that matters is getting as many teams right in the later rounds as possible.

From the very beginning of the tournament, there was no chance of a repeat champion, as last year's winner, Courtney Colwell did not even fill out her bracket because she decided her midterms were "more important" than the pride of randomly choosing teams based on their school colors to fill her bracket like she did last year.

As the tournament commenced, my hopes for a perfect bracket were destroyed after the very first game, as I expected the Oklahoma University Sooners to beat the University of Rhode Island Rams, but the Sooners could not hold on to a late lead and eventually lost in overtime. My first round seemed to continue along the same path from there, as I was in dead last by 50 points at the conclusion of the Round of 64.

To add insult to injury, the University of Arizona, a team I had making it all the way to the championship game, was upset by 21 points against the University at Buffalo. The bottom line, however, was that six of my eight Elite Eight teams were still alive, giv-

ing me a sliver of hope.

That hope would come to fruition in the form of my boldest choice for the Final Four, the University of Michigan Wolverines.

Even though I did not get a single team they would play correct, the Wolverines ended up taking advantage of a relatively easy road to the Final Four, as they did not play a single team higher than a No. 6 seed until the championship game.

Thanks to that prediction as well as my choice for Villanova to make it to the Final Four, I ended up with four teams correctly picked in the Elite Eight, and I correctly predicted Michigan and Villanova for the Final Four.

I was in first place heading into the final weekend, but another heartbreaking overtime loss eliminated the team I had predicted to win the championship — Duke University — in the Elite Eight.

It was ironic that the victor of our pool would be determined by a game between two No. 1 seeds, considering the number of upsets that occurred this tournament. In the end, if Villanova won against the University of Kansas, Esther would win, but if they lost, I would win.

All that matters is getting as many teams right in the later rounds as possible.

Unfortunately for me, the game was not even close, as Villanova had a historic offensive showing and led from start to finish against Kansas, dashing my dreams of a come-from-behind victory and forcing me to wait a full year before I get my last chance to showcase my sports knowledge dominance.

When it comes to brackets, it is not about who starts out strong; it is about who finishes the strongest. With each first round game only giving 10 points, though getting the champion right will net you a total of 630 points, it really comes down to who

can get the most of the final teams correct. Esther could have gotten every single game that did not involve Villanova wrong, and she still would have won the pool with those 630 points Villanova gave her.

For comparison this year, I conducted an experiment about the best way to pick a bracket. ESPN offered three different ways users could "quick-fill" their brackets: randomly, always picking the higher seed or by ESPN's BPI predictor.

I tried each of the methods (I ran the random bracket predictor until I ended up with at least a No. 4 seed winning the cham-

pionship) and compared them to the bracket I filled out.

The random bracket was the only one to correctly predict UMBC to beat the University of Virginia, but other than that, it was the worst bracket by far, because even though it got more first round games right than my real bracket (but honestly, what bracket didn't), it failed to get any Elite Eight teams correct, sealing its fate with 270 points.

The BPI bracket was the best at predicting first round games, getting 24 of the 32 correct, but it still did not have any of that essential late bracket success, partially because of its championship game prediction of Michigan State University against the University of Cincinnati.

The higher seeds bracket, despite picking the University of Virginia to win the championship, actually did outperform my real bracket. This shows just how important it is to correctly predict even one team in the championship game, as it correctly put Villanova in the championship game. In doing so, it scored 810 points to my real bracket's 600.

Last year, my advice was to just choose randomly, because there really is no rhyme or reason, but maybe I was wrong. Maybe you should just always pick the higher seed to win, and March really isn't all that Mad.

T&F hosts their only home meet of the year

By **BRANDON WOLFE**
Staff Writer

This weekend, the men's and women's track teams hosted 16 other schools and three club teams for the Blue Jay Invitational. Both the men and the women took home first-place team finishes by sizable margins.

The Hopkins women were able to manage several top-10 finishes as they climbed the leaderboards, cruising to victory with 197 points, 100 points ahead of the Loyola University team, which finished second.

In the women's 800-meter run, freshman Therese Olshanski, junior Erin Brush, junior Gina D'Addario and sophomore Caelyn Reilly placed first, second, third and sixth, respectively, racking up 21 points for the Jays.

The trend continued in the 3000-meter steeplechase, as senior Caroline Smith took the top spot in the race, followed closely by a trio of sophomores Lauren Jacob, Samantha Levy and Kristin Meek coming away with second, fifth and seventh, respectively, adding 24 points for the Jays. For her dominant performance, Smith was honored as the Centennial Conference's Track Athlete of the Week.

Meanwhile, junior Maya Hammonds was all over the scoreboard, placing in the top four in four different events, giving the Jays 25 points on her own. Hammonds took a fourth-place finish in the 100-meter dash, third in the 100-meter hurdles, second in the long jump and third in the high jump.

Senior Lauren Roberts trailed her teammate by fractions of a second in the 100-meter hurdles, finishing fourth in the event. She followed that up with a third-place performance in the 400-meter hurdles, while freshman Daniela Torres finished fifth, and junior Hannah Miller came in ninth.

On the field end, freshman Mikayla Bisignani claimed second in the shot put and took the top spot in the discus throws with tosses of 12.14 meters and 42.63 meters, respectively. Senior Jenn Su added three more points with her seventh-place 11.04-meter throw in the shot put.

Junior Catharine Wain, senior Helen Girod and sophomore Sophia Cortazzo were in sync during the pole vault, all three finishing with marks of 3.25-meters to claim second through fourth.

"I think the team had a solid showing this weekend, and it was a lot of fun to be able to run on our home track," Levy said. "It was wonderful to see how many Hopkins students and family came out to support us, and that made it a really fun and exciting day to compete."

Not to be outdone, the men's team would finish on top by 99 points over second-place Stevenson University,

with several Blue Jays earning top ranks in their events and many others contributing points as Hopkins dominated the leaderboards all day. Sophomore Charlie Guan contributed 10 points for the Blue Jays with his first-place performance in the 100-meter hurdles.

The Jays would add 27 points in the 5000-meter run as junior Jeff Braun, freshman Will Howe and senior Leo Potters finished 1-2-3, followed by sophomore Isaac Mears, who crossed the finish line in sixth.

The men continued to claim the top spots in the mid-distance events. In the 800-meter, senior Brandon Fielder and junior Scott Pourshalchi finished within half of a second of one another en route to the top two spots of the podium. Not far behind were senior Colton Takata, sophomore Vipul Bhat and sophomore Jack Armand, who crossed the line just seconds after and claimed fifth, seventh and eighth, respectively.

The 1,500-meter run saw junior Ollie Hickson's time of barely four minutes take the third-place spot. Following closely behind in fifth place was sophomore PJ Murray and freshman Connor Delahanty in eighth.

Senior Zach Shelley contributed six points with his third-place finish in the 400-meter dash, while senior Ilan Rich added four with his seventh-place finish in the 100-meter dash. Rich added six more as he was joined by freshman Ian Imery, junior Alex Mollick and junior Eric Alimena in the 4x100 relay, which took third.

Junior Daniel Vila's mark of 1.75-meters in the high jump was enough for the dual-sport athlete, who also plays on the men's basketball team, to capture five points and fourth place, while freshman Royal Doolittle surpassed 1.65-meters on his attempt, good enough for a sixth-place finish and three more points.

Having himself a historic day, senior Zach Jacobson placed first in both the discus and hammer throw and earned Centennial Conference Field Athlete of the Week for his performance. His 51.45-meter hurl in the hammer was the longest in Conference history, beating out the previous record of 49.95 meters set in 2010.

Seniors Alex Luera and David Nessonson took third in the javelin and the shot put, respectively, netting six points apiece for their Hopkins squad.

Levy reflected on the team's overall performance at the Invitational.

"Seeing my teammates do so well in both old and new events definitely has motivated me personally as well as my other teammates," Levy said.

The Jays will be back in action next weekend as they travel to Emmitsburg, Md. to compete in the Mount Multis at Mount St. Mary's University.

By **COURTNEY COLWELL**
For *The News-Letter*

Last week, the Hopkins baseball team won an impressive four games over the course of just six days, winning two against the McDaniel College Green Terror and two more against the Muhlenberg College Mules.

Notably, senior pitchers Alex Ross, Nick Burns and Nick Bodner all had strong performances on the mound, as Ross pitched a career-high 15 strikes and Burns captured his 100th career strikeout.

This week, however, *The News-Letter* recognizes a fielder. For his outstanding batting performance, this week's Athlete of the Week is junior outfielder Tim Kutcher.

Last season, Kutcher's 11 hits over 27 games helped the team tremendously on their way to the NCAA Mid-Atlantic Regional. Kutcher's contributions to this 2018 team, however, have already surpassed those of last year.

Last week, Kutcher batted 0.529 over the course of four games with nine hits, two RBIs and one stolen base. Most importantly, in the Jays' first game against McDaniel, Kutcher hit his first career home run in the bottom of the eighth inning.

As a cherry on top of his stellar week, Kutcher's incredible catch against Catholic University this Monday made an appearance on

ESPN *Sports Center's* Top 10. Unsurprisingly, for these contributions, Kutcher landed his first Centennial Player of the Week honor. Following this award-winning week, Kutcher sat down with *The News-Letter* to discuss what the honor meant to him and how it felt to hit his first home run while at Hopkins.

The News-Letter: After a tough Florida trip, the team is currently on a six-game

winning streak. What type of adjustments has the team made to turn things around?

T i m Kutcher: In Florida, we had some tough losses and weren't quite playing up to our potential. I think getting back here with a big lineup of home games and some familiar teams gave us a chance to start fresh and settle in and start playing some better baseball. It feels like our hitting and defense is starting to come around — as it always does.

We've been working on some new approaches offensively in practice, and I think it is starting to show with better at-bats by the team all around. There is definitely a renewed focus and energy, and we are ex-

ATHLETE OF THE WEEK: TIM KUTCHER — BASEBALL

cited to hopefully continue this win streak.

N-L: What was going through your head when you hit your first career home run?

TK: Home runs always feel great, but it was awesome to finally get one in a game that mattered and help contribute to a nice win with some extra insurance heading into the last few innings. It was also special to me that I hit it in a home game where

both of my parents were there to see it.

N - L : How did it feel to be named Centennial Player of the Week?

T K : That's obviously

a great honor, and it was pretty cool to find out about it while I was with my teammates. It feels better to have come out of the week with four big wins, but it feels good to represent Hopkins and our team as we head in to a big part of our season.

N-L: How do you see the Conference shaking out? Who are the big teams you think can compete for the title?

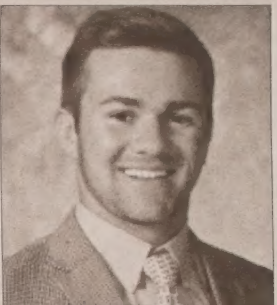
TK: Our goal every season is to host the Conference Tournament and then win the Conference Tour-

nament, and this year is no different. Haverford is always a top contender, so there are some big upcoming games that we will be focused on. Swarthmore also seems to have a stronger team this year, so we could likely see them in the Conference Tournament. We have to be at every game ready to compete.

N-L: Do you have any personal goals or team goals moving forward?

TK: We really just want to keep winning. Last season, we had a great run into the postseason, and there's no reason we couldn't do the same this year, so I'm looking forward to the next few weeks. I hope to keep hitting well and making some plays in the field to keep contributing to wins.

Catch Kutcher and the Jays back in action this Friday, April 13 at Babb Field when they take on the Gettysburg College Bullets under the newly installed lights at 6 p.m.



HOPKINSSPORTS.COM
Junior outfielder Tim Kutcher.

M. Tennis takes on five opponents in three days

By **DANIEL LANDY**
Senior Staff Writer

It was a jam-packed week for the Hopkins men's tennis team, which competed in five matches over the course of three days. The Blue Jays took on the McDaniel College Green Terror and the North Carolina Wesleyan College Battling Bishops on April 5; the Gettysburg College Bullets on April 6; and the Muhlenberg College Mules and the Christopher Newport University Captains on April 7.

The Blue Jays — who entered the week with a 5-2 record — first traveled to Westminster, Md. where they took on the Green Terror for the lone road match of their three-day slate. This was a crucial Centennial Conference match for the Blue Jays as they continue their quest to win their 12th consecutive Conference Championship.

It was smooth sailing for Hopkins, as the team swept McDaniel 9-0. Sophomore Aaron Carey, freshman Jack Hogan, junior Colin Muraika and sophomore Vik Vasan each shut out their opponents in singles. Two duos — Muraika and freshman Robby Simon, as well as Hogan and freshman Bryan Chu — were able to accomplish the same feat in the doubles category.

"When we go into Conference matches like McDaniel, we have confidence from our winning track record in past years, but we know we must respect our opponents and prepare like any other match," Muraika said. "This attitude is what allows the team to perform well in the Conference each year."

The Jays' non-Conference match with N.C. Wesleyan was not as satisfying. The Battling Bishops outlasted the Blue Jays 6-3 overall, going 4-2 in the singles matches and 2-1 in the doubles matches.

Despite the defeat, Hopkins senior Justin Kang was a standout performer for the Blue Jays, winning his singles match 6-0 6-1. Junior Scott Thygesen won a tightly contested singles match 6-2 6-7 (5-7) 1-0 (10-6), while sophomores Joe Cartledge and Austin Guoked out a 9-8 (8-4) victory in their doubles match.

On Friday, Hopkins cruised past Gettysburg, winning the Conference match 8-1. The Blue Jays finished 5-1 in singles matches and 3-0 in doubles matches.

The results of Saturday's two matches were identical to Friday's, as Hopkins also defeated both Muhlenberg and Christopher Newport 8-1. The Blue Jays went 6-0 in their singles matches and 2-1 in their doubles matches against both the Mules and the Captains.

Simon spoke about the team's mindset going into the week.

"It all comes down to mental toughness and preparation. The upperclassmen set a great example for the freshmen on how to carry themselves on the court and how to approach practice with the same focus and intensity that we have in matches," he said.

After going 3-0 in singles and 1-1 in doubles over the course of the three days, Simon discussed his individual approach to his matches and how he maintained his consistency.

"In terms of the matches I played this week, I tried to remain focused and aggressive. Playing so many matches in such a short period of time can often lead to lapses in intensity so my goal was to keep a high level of intensity throughout every match," Simon said.

The Blue Jays, while relatively young, are entering the heart of their Conference schedule with a high level of confidence. The team's chemistry is very strong, which has been a key factor to its early success this season.

"Although our team is very young, we have great camaraderie and a high level of talent that makes up for our relative lack of experience," Simon said. "Moving into the postseason, it all starts with winning the Centennial Conference Championship. Beyond that, our goal is the same as it is every year, to win a national championship."

According to him, as Hopkins approaches the postseason it is critical for the team to build on its winning culture by learning from their experience.

"It all starts with the team atmosphere that

comes from our coaches and upperclassmen who have been through this before. The coaching staff does a great job preparing us to win," Simon said.

The upperclassmen, especially, have worked with the younger members of the team to respond to adversity and to treat their shortcomings as building blocks for future success. The result is an extremely resilient group of players that has demonstrated consistent improvement during the course of the season.

"We have a young team, but the underclassmen are growing into their roles. We're confident in our work ethic and our resolve as a team," Muraika said. "We've had some tough losses and hard-fought wins so far. In past years, close regular season losses have strengthened our mental toughness, and this year should be no different."

The Jays will look to continue building on their momentum when they hit the road for their next two matches. They will battle the Haverford College Fords on April 14, followed by the Franklin & Marshall College Diplomats on April 18.



HOPKINSSPORTS.COM
Freshman Robby Simon helped the Blue Jays beat Gettysburg 8-1.

SPORTS

DID YOU KNOW?

After picking up their sixth straight win this past weekend against Ohio State, the Hopkins men's lacrosse team has climbed up the rankings once again. The Jays are now fourth in the Maverik Media Poll and fifth in the USILA Coaches Poll.

CALENDAR

Friday:
Baseball vs. Gettysburg: 6 p.m.
W. Lacrosse @ Stony Brook: 7 p.m.

Saturday:
W. Tennis @ Haverford: 11 a.m.
M. Tennis @ Haverford: 11 a.m.

Michigan St. prioritizes reputation over victims



Esther Hong
Sportpinion

Not again. This past Monday, a female Michigan State student filed a lawsuit accusing three men's basketball players of rape.

On April 11, 2015 the student, who chose to stay unnamed, went to a bar with her roommate. Later, one of the members of the men's basketball team offered her a drink. Despite not having a lot to drink that night, she noticed intensifying feelings of disorientation and even had difficulty holding her glass.

Later that night, the men's basketball players drove her to an "apartment party." After realizing her roommate was not at that apartment, she attempted to send her roommate a text. However, she failed to do so: She had no control of her thumbs. She began to question whether or not she had been drugged, but it was too late for her to take action. The room suddenly went dark, and the three players threw her on the bed, pinned her down and took turns raping her.

A week later, the student sought help at the Michigan State University Counseling Center. But when she mentioned the involvement of members

This is not the first time high-profile athletic programs have stripped away women's worth.

of the university's men's basketball program, the tone of the appointment shifted from supportive to discouraging.

She was advised to avoid seeking any medical treatment or testing, avoid reporting the assault to the university and avoid asking for a no-contact order with the three basketball players. She was instead told that filing a police report involving well-known athletes would warrant unwanted media attention.

"If you pursue this, you are going to be swimming with some really big fish," the counselor told her.

She was silenced. Silenced by the university's "safe space." Silenced by one of the first people she felt comfortable telling her nightmare to. Silenced to preserve the reputation of the powerhouse men's basketball program,

which lost to Duke in the Final Four just days before the assault.

She waded in a pool of emotional numbness and self-destruction for the next 10 months, fearful that her worth would never be great enough to overpower the empire of Michigan State Athletics. She stopped going to classes, was forced to withdraw for the semester and, upon her return, had to change her major because those three men destroyed her dream of becoming a sports journalist.

"Everyone I was in classes with or working with was just all into sports, like 'bleed green.' I'm thinking to myself, 'If only you could look at them like I have to. If only you knew what it felt like,'" she told ESPN's Outside the Lines.

After a dark, 10-month spiral, she visited the school's Sexual Assault Program and was prescribed medications for depression, anxiety, panic attacks and insomnia.

She is not alone. This is not the first time high-profile athletic programs have stripped away women's worth. New cases of sexual assault by coaches, players and team doctors pop up on our lock screens every day. And the horrifying truth is that the more notifications we receive, the more desensitized we become. Our tolerance builds, while our sensibility shrivels.

The issue stems from the value associated with sport: It is no longer just a game

or a means of physical activity, it is a source of revenue, entertainment, tradition. The world stops for Super Bowl Sunday and March Madness, so we are afraid of

tainting these institutions by allowing women to have a voice.

Now that men in highly-publicized athletics are put on a pedestal, they act as if they are above the law. They act as if they are untouchable. They act as if being the USA Gymnastics national team doctor; an All-American swimmer at a top-ranked university; or a member of a team that made it to the NCAA men's basketball Final Four can excuse them from respecting women's basic human rights.

But this is a two-way street. We cannot treat these men as exceptions from the law. If we continue, their actions of assault will be encouraged. If we continue, women will continue to be put down at the expense of protecting high-level sports programs.

Not again.

W. Tennis sweeps two Conference opponents



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The Hopkins women's tennis team had a dominating weekend, facing off two Centennial Conference opponents: the Gettysburg College Bullets and the Muhlenberg College Mules. The Blue Jays first took on the Bullets Friday afternoon, finishing the day with a 9-0 sweep. Hopkins carried this momentum to the following day, as they recorded their second straight 9-0 victory, this time against the visiting Mules. The weekend matchups improve their Conference win streak to 115 regular season matches. **PAGE B10**

M. Tennis finish 4-1 on the week

INSIDE Unfavorable weather conditions earlier in the season forced the men's tennis team to postpone matches to this past week. Taking on five opponents in three days, the Jays went 4-1 after their jam-packed week. **PAGE B11**

Athlete of the Week: Tim Kutcher

INSIDE Junior outfielder Tim Kutcher was named Centennial Conference Player of the Week for his 0.529 batting performance. His saving catch on Monday was featured on SportsCenter's Top 10. **PAGE B11**

T&F take first at Blue Jay Invitational

INSIDE Hopkins hosted 16 varsity teams and three club teams at this year's Blue Jay Invitational. Both the men and women dominated, respectively finishing 99 and 100 points ahead of the second-place teams. **PAGE B11**

Baseball beats Muhlenberg behind stellar pitching

By EMILIE HOFFER
Sports Editor

This past weekend, the Blue Jays impressed both offensively and defensively against two strong Centennial Conference opponents. To start, the Jays took on the McDaniel College Green Terror at home on Friday.

Hopkins was first on the board, scoring in the top of the first after a single from junior outfielder Tim Kutcher to lead off the game. After stealing second, Kutcher scored on a single up the middle from senior catcher Alex Darwiche.

Twice in the first two innings, the Green Terror threatened the Jays' lead with runners on third. Fortunately for the Blue Jays, however, senior pitcher Nick Burns was on the mound. In the bottom of the second, with runners on first and third and no outs, Burns retired the next three batters, striking out two to end McDaniel's chance of sending a runner home.

Senior outfielder Zach Jaffe would be the next runner to come home, pushing the Blue Jays to a 3-0 lead. After Jaffe singled up the middle in the third, he scored off of a home run by Darwiche. The catcher leads the team with four home runs on the season.

The Green Terror man-

aged to get a run in the bottom of the third. With two more runners still on base, the Blue Jays found themselves in yet another tight situation. However, Burns stranded both McDaniel runners to keep the Jays ahead 3-1.

In the fifth, the Blue Jays pushed their lead to four, sending home two more runners as Darwiche walked to force in one. Next, two straight force outs at home off a single from senior third baseman Mike Smith brought Darwiche home.

After six strong innings on the mound, Burns finished the day with seven strikeouts and no walks, surrendering only two runs to McDaniel and striking out his career 100th batter in the process.

The highlight offensively for the Blue Jays came in the seventh inning, as Hopkins sent 12 men to the plate, scoring seven runs on four hits. Both Smith and senior outfielder Chris DeGiacomo had 2-RBI singles in the seventh. Two more runs were scored on an error on a ground ball hit by Jaffe before sophomore infielder Mike Eberle singled to center, driving in the final Hopkins run of the inning to push the score to 12-2.

In the bottom of the seventh, McDaniel got three runs across and added two more in the eighth to bring the score to 12-7.

With the win in their grasp, the Blue Jays solidified their victory over the Green Terror with two more runs in the ninth, thanks to a sacrifice fly from freshman outfielder Nick Li and an RBI from sophomore catcher Bradley Martin to end the scoring for the day. The Blue Jays took the win over their Centennial opponent 14-7.

Next up for the Jays was a Centennial Conference doubleheader against the Muhlenberg College Mules at Babb Field this past Sunday. The Jays started game one with yet another impressive performance on the mound, this time from senior pitcher Alex Ross.

"The McDaniel games showed off all facets of our game: our defense, offense and pitching all were on display last week, and that's how we were able to pull off the Conference sweep," Ross said.

Ross dominated the competition, racking up a career-high 15 strikeouts in a complete game shutout against the Mules. The Mules managed to get one runner on third in the first inning, but Ross retired the rest of the Muhlenberg batters.

Ross struck out four consecutive batters from that point before giving up a ground out in the third. In the fourth and

SEE BASEBALL, PAGE B10



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Senior Alex Ross threw a complete game with 15 strikeouts Saturday.